THE OFFICIAL PUBLICATION OF USA GYMNASTICS

MAY/JUNE 1998
VOLUME 27, #3
$3.95

USA GYMNASTICS

ALSO INSIDE

AMERICAN CLASSIC

THE TREATMENT OF RIPS ON THE HANDS

INTERNATIONAL 3 ON 3 GYMNASTICS CHAMPIONSHIPS

VISA AMERICAN CUP

IN DEFENSE OF LEVEL 7

INTERNATIONAL TEAM CHAMPIONSHIPS

GK-Elite Sportswear

OFFICIAL SUPPLIER TO
USA Gymnastics
Junior Olympic Program

Why do Shannon, Liliya, Amanda, Svetlana, Jaycie, Amy, John, Chainey, Blaine, John and so many other champions wear GK? At GK we know their personalities are as unique as their individual styles. That is why we work so hard every season to bring you new fabrics, innovative and cutting edge designs and ideas to make your team sparkle! As always our mission is to be the athletes' first choice. We are committed to providing the ultimate in service, quality, selection, innovation, value & integrity So choose from our extensive selection of styles, fabrics, colors, jeweled accents and many other options to custom build a unique style for your team .. at GK we believe in infinite possibilities.

Infinite Possibilities

Individuals: Check your local gym school pro shop or specialty store for a selection of GK and Shannon Miller workout apparel. To receive a **FREE** Shannon Miller Workout Wear catalog, call toll free 1.800.345.4087 or request a catalog through our web site: www.gkelitesportswear.com (GK catalog not available for individual orders) **Coaches/Club Owners:** Call to receive a free catalog for your team apparel or pro shop needs. Ask for information on our consignment program and how you can receive wholesale prices on all GK apparel.

GK® FROM ELITE SPORTSWEAR, LP

The Choice of Champions

GK-Elite Sportswear, LP
PO Box 16400 - Reading, PA 19612-6400
Phone: 1.800.345.4087 Fax: 1.610.921.0208
E-Mail customerservice@gkelite.com
Web Site: www.gk-elitesportswear.com
Source Code: USAG

TEN.O®

We Do Gymnastics

501 BLUES

The Grips With an Easy Swing

Just imagine grips that fit with the comfort of your oldest, most faded jeans - from the first swing. Consider baby suede padding, **NEW FOAM INSERT** for those who need a little extra softness, a distinctive wrist strap and you have a **501 BLUE**.

Available in four women's styles and three men's styles.

G501-10 Uneven Bar Grip sizes 0-3 $33 00 *ship $5 00*

TEN.O CLASSICS

The Grips That Keep On Swinging

The **TEN.O CLASSIC** is easily the most durable grip on the market. We know-our customers talk!

The **CLASSIC** leather is heavy duty with an extremely low stretch factor We didn't forget your tender wrists - the G910 has baby suede padding and a **NEW REMOVABLE FOAM INSERT** If you are a hard training, heavy trick gymnast who doesn't like buying grips on a frequent basis we recommend the **CLASSIC** Available in men's and women's styles

G910 Uneven Bar Grip sizes 0-3 $32 00 *ship $5 00*

In fact, we do EVERYTHING there is to do with gymnastics. Our 48 page, full color catalogue is filled with apparel, training products, books, grips, grip accessories, homa aquipment, posters, jewalry and many gift items.

REQUEST YOUR FREE COPY **www.ten-ogymnastics.com**

800/241-9249 800/243-2556 Info@tan ogymnastics com *GMR*,4679 Hugh Howell Rd ,Tuckar, GA 30084

USA GYMNASTICS

MAY/JUNE 1998 • VOLUME 27 • NUMBER 3

DEPARTMENTS

INSIDE *USA GYMNASTICS*.....6
BODY BALANCE.....13
SCRAPBOOK OF CHAMPIONS.....14
MY FAVORITE COMPETITION.....18
EVENT SCHEDULE.....19
GYMNASTICS UPDATE.....20
GYMNASTICS RESULTS.....29
COLLEGIATE CORNER.....31
OPEN FLOOR.....32
FACES IN THE GYM.....34
CLASSIFIED.....38
CHALK TALK.....40

FEATURES

AMERICAN CLASSIC

.....8

Parkettes' Kristen Maloney won gold medals in the balance beam and floor exercise on the way to defending her all-around title at the 1998 American Classic, held in Orlando, Fla., Feb. 20-21. Kristin Thome from Cypress Gymnastics claimed the all-around gold medal in the junior division.

INTERNATIONAL 3 ON 3 GYMNASTICS CHAMPIONSHIPS

.....16

Led by newly-crowned Visa American Cup champion Viktoriya Karpenko, Team Ukraine won the gold medal of the International 3 on 3 Gymnastics Championships, held in Fort Worth, Texas, March 8. The USA Team of Blaine Wilson, Lindsay Wing and Natalie Lacuesta took fourth.

USA GYMNASTICS FILE PHOTOGRAPH © DAVE BUCK

VISA AMERICAN CUP

.....22

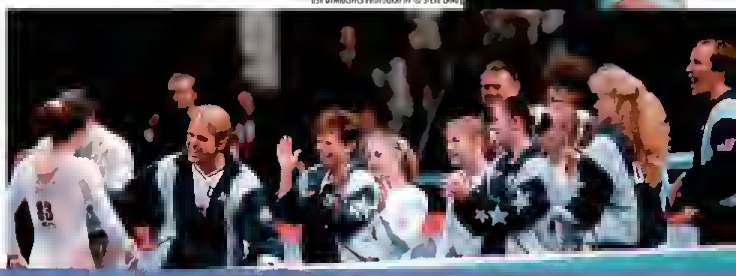
Blaine Wilson took his competitors by storm, leading all six rounds of competition and winning his second consecutive Visa American Cup title by more than a point and a half. Ukraine's Viktoria Karpenko won the women's title over China's Meng Fei. Kristen Maloney and Vanessa Atler took third and fourth all around.

INTERNATIONAL GYMNASTICS CHAMPIONSHIPS

.....25

The International Team Championships, a team competition between the United States, China and Romania, took place in Knoxville, Tenn., March 24-25. Kristen Maloney and Blaine Wilson led the U.S. Senior Teams to victory. The U.S. Junior Men also won the title while the Junior Women took second to China.

USA GYMNASTICS PHOTOGRAPHY © STEVE LANGE



COVER PHOTOGRAPHS OF KRISTIN MALONEY, BLAINE WILSON, SENIOR MEN'S TEAM, AND SENIOR WOMEN'S TEAM BY STEVE LANGE

USA GYMNASTICS (ISSN 0748-6006)(USPS 0005-466) is published bimonthly for $15 per year in the U.S., $22 per year in Canada or Mexico and $45 per year in all other countries. USA GYMNASTICS is published by USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225, (317) 237-5050, www.usa-gymnastics.org. Periodical postage paid at Indianapolis, IN 46204. POSTMASTER: Send address changes to USA GYMNASTICS, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

USA Gymnastics is the sole national governing body for the sport of gymnastics. A not-for-profit organization, USA Gymnastics selects, trains and administers the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Contributions and support are always welcome and are tax-deductible. ©1998 USA Gymnastics. All rights reserved. Printed by Sport Graphics, Inc., Indianapolis, IN, USA.

USA GYMNASTICS

Publisher
Kathy Scanlan

Editor
Lucy Peszek

Designer
Julie T. Jones

Design Associate
Mary Burkhart

USA Gymnastics Board of Directors

Chair: Sandy Knapp **President:** Kathy Scanlan, **President Emeritus:** Mike Donahue **Constituent Members:** Amateur Athletic Union Mike Stanner American Sokol Organization: Jerry Milan, American Turners: Betty Heppner, College Gymnastics Association-M Roy Johnson, National Association of Collegiate Gymnastics Coaches for Women. Gail Davis National Association for Girls and Women in Sport: Marilyn Strawbridge; National Association of Women's Gymnastics Judges. Yvonne Hodge National Collegiate Athletic Association. Chris Voelz, Tom Dunn National Federation of State High School Associations. Susan True National Gymnastics Judges Association John Scheer National High School Gymnastics Coaches Association: John Brinkworth, U.S. Association of Independent Gym Clubs: Lance Crowley U.S. Elite Coaches Association for Men's Gymnastics: Mark Williams, U.S. Elite Coaches Association for Women's Gymnastics. Gary Anderson Roe Kreutzer; U.S. Men's Gymnastics Coaches Association: Marc Yancey U.S. Rhythmic Gymnastics Coaches Association Suzie DiTullio Young Men's Christian Association of the USA. Rick Dodson **USA Gymnastics National Membership Directors:** Men's: Ray Gura, Jim Holt Rhythmic. Tamara Dasso, Alla Svatsky Women's Linda Chencinski David Holcomb **Athlete Directors:** Tanya Service Chaplin, chair Chris Waller, vice chair Kristen Kenoyer Woodland sec Michelle Dusserre-Farrell USOC athlete representative Wendy Hilliard Vanessa Vander Pluym, Peter Vidmar, Conrad Voorsanger, Kim Zmeskal **Associate Members:** Jewish Community Centers. Lon Katz, Special Olympics, Inc.: Kate Faber-Hickie, USA Trampoline & Tumbling: Wayne Downing U.S. Competitive Sports Aerobics Federation. Howard Schwartz U.S. Sports Acrobatics Federation Bonnie Davidson.

USA Gymnastics Executive Committee

Chair: Sandy Knapp Special Advisor to the Chairman of the Board: Roe Kreutzer President: Kathy Scanlan Secretary: Mike Mihalonis Vice Chair Men: Tim Daggett Vice Chair Rhythmic: Candace Feinberg, Vice Chair Women: Joan Moore Gnat FIG Executive Committee: Jay Ashmore FIG Men's Technical Committee: George Beckstead FIG Rhythmic Technical Committee: Andrea Schmid Shapiro FIG Women's Technical Committee: Jackie Fie At Large Members: Jim Hartung, Susan True, Athlete Directors: Tanya Service Chaplin, Wendy Hilliard Peter Vidmar USOC Athlete Representative: Michelle Dusserre-Farrell President Emeritus: Mike Donahue.

Unless expressly identified to the contrary all articles statements and views printed herein are attributed solely to the author and USA Gymnastics expresses no opinion and assumes no responsibility thereof

Inside USA gymnastics

CHANGE *On The* HORIZON

By Kathy Scanlan
President of
USA Gymnastics

Change is a part of life and I have decided to make one. I have told the Executive Committee and Board of Directors of USA Gymnastics that I will leave my post as President of USA Gymnastics on September 25, 1998, to return to my home in Seattle, Washington, where I will head up Seattle's effort to be designated as the United States bid city for the 2012 Olympic Games. While 2012 seems very, very far away, the process has already begun!

What a wonderful and rewarding experience it has been, and will be, to serve as President of USA Gymnastics. I cannot begin to express how pleased I have been to work on behalf of this organization and this sport. The dedication and commitment of every gymnast in the country inspires me and all of the staff and volunteers in USA Gymnastics to work hard every day and do our very best for you. I hope that your pleasure in being a gymnast is at least as great as mine has been as President.

What a wonderful and rewarding experience it has been, and will be, to serve as President of USA Gymnastics. I cannot begin to express how pleased I have been to work on behalf of this organization and this sport.

The process for selecting the next President has already begun, with applications due May 15 to USA Gymnastics, P.O. Box 441100 Indianapolis, IN 46244. Sandy Knapp, chair of USA Gymnastics, has appointed a Search Committee. The Search Committee, chaired by 1984 Olympian and Executive Committee member Peter Vidmar, will identify a candidate for approval by the Board of Directors. The Search Committee also includes:

Jay Ashmore	FIG Executive Committee member
Joan Moore Gnat	Vice Chair for Women
Tim Daggett	Vice Chair for Men
Candace Feinberg	Vice Chair for Rhythmic
Michelle Dusserre-Forrell	USOC Athlete's Advisory Council
Roe Kreutzer	Special Advisor to the Chair Elite Coaches Association
Jim Morris	National Gymnastic Foundation Director

I am absolutely positive that many highly qualified individuals will apply for this opportunity and that the Search Committee will identify a top notch person.

Meanwhile, we had wonderful competitions at the Visa American Cup and 3 on 3 International Gymnastics Championships in Fort Worth. It was great to see Blaine Wilson repeat as champion of the Visa American Cup. Our gymnasts also performed very well at the 3 on 3 competition. It was a special treat to see Rhythmic World Champion Yelena Vitrichenko compete and score a perfect 10.00 to help Ukraine win the event.

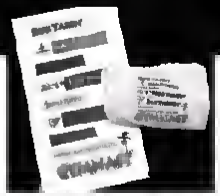
Three weeks later in Knoxville, our Senior Women, Senior Men and Junior Men all took Gold at the International Team Championships with the Junior Women earning the silver medal. In all four sessions of this competition the lead continuously changed and the crowd really enjoyed watching and cheering. I was on the edge of my seat!

Best wishes to all the competitors in the Junior Olympic National Championships. I have my fingers crossed for each and every athlete. It is a momentous achievement to be at these National Championships which will occur in all three disciplines this spring.

Cartwheels Collection

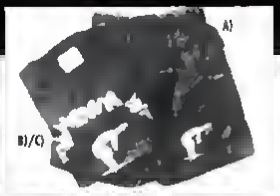
Up To 50% discount on large orders . . .
See the entire collection in our free color brochure! Call 1-408-481-9980
CLUBS. Call about our new wholesale program. Unique, customized items to sell or give away at meets or to stock your pro shop. This program is in addition to our current discount plan.

Risk tee w yellowstone yellow blue green, & red design
White tee. YM, YL, AS, AM, AL **$16 95** *TSRW*
White pillow case. **$12 00** *PC*



Rise beach towel or gym bag
White beach towel 36" x 60" **$22.95** *TOWB*
Yellow nylon gym bag 8" x 14.5" **$14.95** *BAGY*

Knit shorts with grosgrain waist & leg
Athletic grey knit shorts with black design
YM, YL, AS AM AL, XL **$15 95** *SKT*



Flannel Boxers, Shirts, and **NEW Flannel Pants! (Plaid)**
A) Black Watch boxers. YS YM, YL, AS, AM AL, XL **$15 95** *BGRW*
B) Navy *Shadow* tee YS YM YL, AS, AM, AL, XL **$15 95** *TSSHADBL*
C) Navy *Shadow* sweatshirt YL, AS AM, AL, XL **$23 95** *SWSHADBL*
D) Black Watch pants YM, YL, AS, AM, XL **$19 95** *PTBL*

Fun shirts,
Black tee. YM, YL, AS, AM, AL, XL **$17 95** *TSFLAIRB*
Black long sleeve tee. AS AM, AL, XL **$20 95** *LSTFLAIR*
Black tank AS, AM, AL XL **$16 95** *TFLAIR*

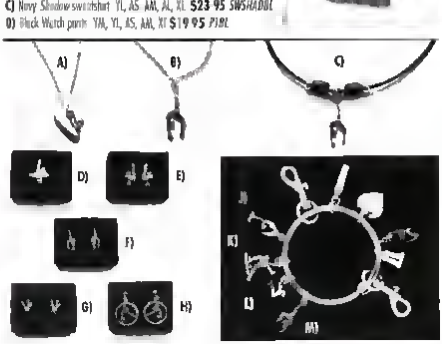
Aerialists
Black tee. YM YL, AS, AM, AL, XL **$17 95** *TSAERB*
Black long sleeve tee
AS AM AL XL **$20 95** *LSTAERB*

Grip top & nylon shorts
White crop top. AXS, AS AM, AL **$15 95** *CTGRW*
White tee YL, AS AM, AL XL **$15 95** *TSLRW*
Black shorts YM YL, AS AM AL, XL **$14 95** *SHORTSB*

Seconds to Victory tee
Designed by artist Dave Kotenko.
White tee YL, AS, AM, AL, XL **$17.95** *TSZW*

Water bottles
A) Aero! 28oz. *WBAE*
B) 4 Figures 21oz *WBFIG*
C) Flair 29oz. *WBFL*
$4 50 each

GRIPS by US Glove. All grips use velcro
A) White beginner XS S M, L, XL **$9 00** *GRIPBW*
B) Women's shaved 00 0 1 2 3 **$28 00** *GRIPOF*
C) Men's high tac 0 1, 2 3 **$30 00** *GRIPMB*
D) Mens mags 0 1 2 3 **$30.00** *GRIPMB*
E) Wrist Support XS S M, L, XL **$55.00** pr. *LPAW*

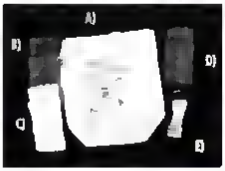


Gold-plated Jewelry
A) Bars necklace **$8 95** *PENBV*
B) Beam necklace **$8.95** *PENBB*
C) Choker **$9.95** *CHOKER*
D) V on Beam Expandable ring **$4 00** *RING*
E) V on Beam earrings **$7 50** *EAR*
F) Beam earrings **$9 95** *EARB*
G) Bars earrings **$9 95** *EARV*
H) Dangle earrings **$9.95** *EARDANGL*

Nickel plated pewter. Key ring with 4 gymnastics charms and whistle. Locket **$21.00** *KR*
Charms or Pendant
J) Beam *C4* **K)** Flair *C3*
L) Bars *C1* **M)** Vaulthorse *C2*
$4.00 each
(not shown) 18" Sterling Silver chain **$4.00** *CH1*

Gymnasts Skate too.
NEW! Lime tee with silver design *TSZLG* or Purple tee with silver design *TSSHINEP*
YM, YL, AS, AM AL, XL **$17.95 each**

Lift competition floor beam. Well balanced
$148 00 *BEAM*
Call for shipping prices.
Rates higher than $25 00 in the continental US



Gap Accessories
A) Grip bag **$6 00** *BGRIP*
B) Deep purple cotton wrist bands **$1.75** pr. *WRISTP*
C) White cotton wrist bands **$1.75** pr. *WRISTW*
D) Wide neoprene wrist bands S M L **$7.00** pr. *WRISTN*
E) Mini chewi key ring **$3.50** *KRING*

VIDEOS • VIDEOS • VIDEOS • VIDEOS • VIDEOS

A) *Atlanta's Magnificent Seven*
The magic of the '96 Olympic U.S. women's team.
$25 00 *VIDOL96*
B) *Gymnastics' Greatest Stars*
featuring Mattie Cornwell, Bart Conners, Kathy Rigby and more. **$25 00** *VIDGCS*
C) *Gymnastics' Greatest Champions* 1996 National Championship **$25 00** *VIDGNCH*
D) *America's Greatest Gymnasts*
1996 commemorative edition. Destined to be a collector's item **$22 95** *VIDAMG*
E) *Gymnastics' Golden Moments* Highlights of the 70's 80's & 90's Male and female gymnasts.
$22 95 *VIDGGM*

TO ORDER:

Call 1-800-277-1386
Fax 1-408-481-9982
Mail Coupon

Hours 9AM–5PM Pacific Time, Mon–Fri
Customer Service:
1-408 481 9980 to request **free color brochure**, place discount orders or for returns and exchanges
Visit **www.cartwheels.com**
We accept Visa, MasterCard, Discover, American Express, checks, or money orders

***U.S. Shipping costs:**

$0	to	$10	$3 50
$11	to	$50	$4 95
$51	to	$100	$6 00
Over		$100	$9 00

Foreign Orders:
Please specify **surface** or **air**.
Add $2.50 handling. Shipping charges will be added to charge orders or billed separately with money orders
We accept money orders in U.S. dollars, Visa, MasterCard, Discover or American Express No Checks, please.

QTY	ITEM NUMBER/DESCRIPTION	SIZE	COLOR	PRICE

NAME _____

ADDRESS _____

PHONE (____) _____

Charge # _____ Exp. Date _____

Signed _____

USMJ 98

SUBTOTAL _____

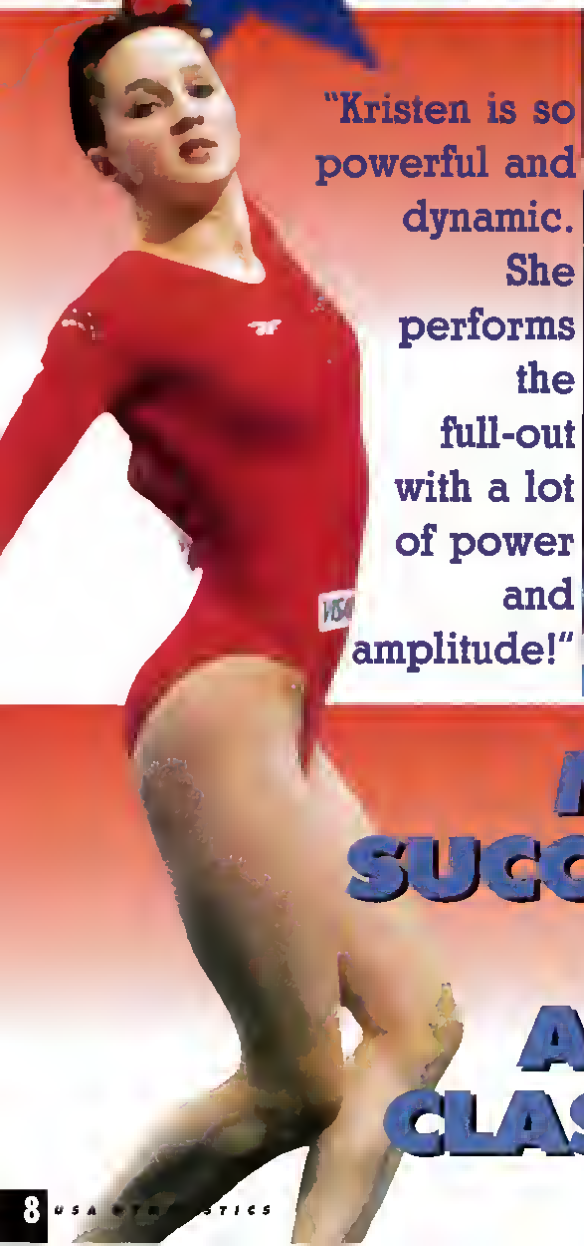
CA resident, 8.25% tax _____

SHIPPING* (see note) _____

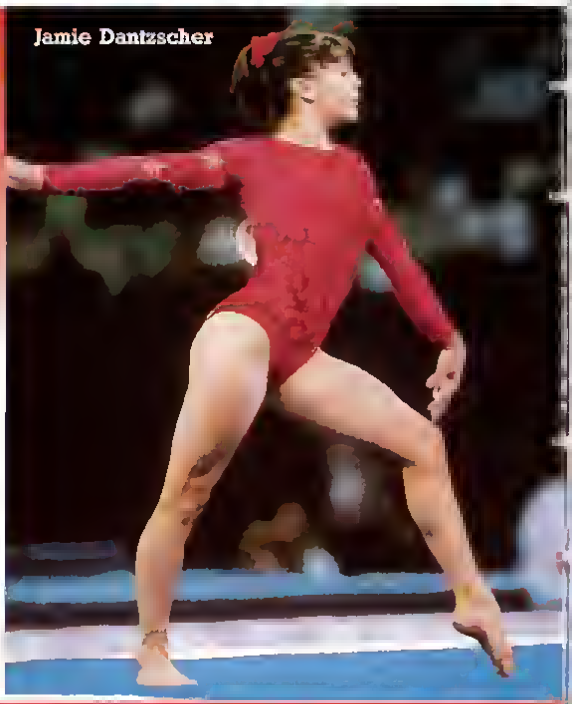
TOTAL _____

Cartwheels
548 S. Murphy
Sunnyvale CA 94086

American



"Kristen is so powerful and dynamic. She performs the full-out with a lot of power and amplitude!"



Jamie Dantzscher

MALONEY SUCCESSFULLY DEFENDS AMERICAN CLASSIC TITLE

Classic

BY CRAIG BOHNERT

Kristen Maloney from Parkettes in Allentown, Pa., won individual gold medals in the balance beam and floor exercise on the way to defending her all-around title at the 1998 American Classic, held at the Radisson Twin Towers Convention Center in Orlando, Fla., Feb. 20-21.

Maloney also became the first American woman to compete a layout doubie with a full twist in her floor routine, which is rated as an "E" move.

"Kristen's been training this skill ali fall," said Coach Donna Strauss. "She was actually ready to do the skili in Australia at the dual meet in November 1997, but we wanted a iitlle more time to perfect it. The first time she competed the skill was at the Parkette Invitational in January and she made it very successfully! Kristen is so powerful and dynamic. She performs the fuli-out with a iot of power and amplitude!"

Jamie Dantzscher from Charter Oak Gliders in Covina, Calif., took second in the all-around, second on floor exercise and tied Oiympian Dominique Dawes for the gold medai on vault.

Sierra Sapunar from Sebastopol, Calif., but now training at Cincinnati Gymnastics, took third all-around competing in her first year at the senior levei.

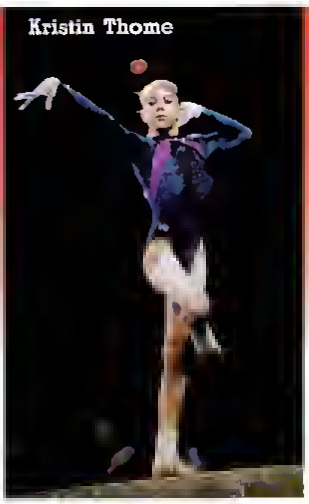
1997 National Co-Champion Kristy Powell won bars and took second on beam, earning medals in the only two events in which she competed.

Kristin Thome from Cypress Gymnastics in Texas used a strong overall performance, inciuding silver-medal finishes in vauit and beam, to ciaim the ali-around goid medal in the junior division.

Thome shot past Ashley Postell from Capital Gymnastics in Virginia in the final rotation with a solid bar routine to ciaim the goid with a score of 35.525. She was followed by Kristal Uzelac from Parkettes, who took the silver with a 35.437 in her first competition at the junior international eiite levei. Although Postell won vault and beam, two falls on bars dropped her to third in the all-around with a 35.325.

Uzeiac won floor with a 9.500, the highest score awarded during the evening. Morgan White from Coconut Creek, Fla., but training at Cincinnati Gymnastics, earned the gold in bars with a 9.250, which heiped her to a fifth-piace all-around finish.

SEE RESULTS NEXT PAGE!


Kristin Thome

Sierra Sapunar

USA GYMNASTICS PHOTOGRAPHY © DAVE BLACK

Above left: Brittany Smith
Above right: Elise Ray

AMERICAN CLASSIC

ORLANDO, FL ★ FEBRUARY 21, 1998

SENIOR INTERNATIONAL ELITE

ALL-AROUND

#	Name	Club	VT	UB	BB	FX	Total
1	Kristen Mckenny	Parkettes	9.175	8.950	9.525	9.775	37.325
2.	Jamie Dantscher	Gliders	9.512	9.200	8.825	9.600	37.237
3	Sierra Sapenar	Cincinnati*	9.025	9.475	9.250	9.175	36.925
4	Brittany Smith	Cincinnati	8.950	9.200	9.300	9.325	36.775
5	Elise Ray	Hills	9.212	9.475	8.900	8.975	36.562
6.	Cory Fehringer	Gymstrada	9.362	9.100	9.000	9.075	36.537
7	Jeanette Antolin	SCATS	9.137	9.500	9.325	8.575	36.537
8.	Dominique Moses	Hills	9.512	9.325	8.950	8.650	36.437
9.	Jenni Rice	Aca	9.025	8.900	8.950	9.400	36.325
10.	Alyssa Beckerman	North Stars	8.912	9.125	9.300	8.650	35.987
11	Robin Phelps	Hills	9.150	8.875	8.700	9.150	35.875
12	Alexis Brun	Gymstrada	9.400	9.375	8.700	8.725	35.200
13	Marlene Stephens	Cypress	9.250	8.475	7.900	9.450	35.075
14	Kelly Parkinson	Cypress	8.925	9.275	7.850	8.950	35.050
15.	Marla Kensen	North Stars	8.575	8.525	9.075	8.700	34.875
16	Erinn Beeley	Hills	8.975	8.300	9.050	8.275	34.600
17	Shannon Lumley	Parkettes	8.850	8.550	8.675	8.500	34.575
18	Nicole Kilpatrick	North Stars	8.925	8.150	8.425	9.000	34.500
19	Ole Munn *	Gym & More	8.887	8.025	8.425	7.950	34.287
20	Becky Mehlhaus	Parkettes	8.887	8.150	8.375	8.800	34.212
21	Jennifer Carow	Scats	8.662	8.275	8.675	8.475	34.087
22	Breanne Rutherford	BEGX	8.662	8.950	7.600	8.725	33.937
23.	Christy Ray	Hills	8.925	8.875	7.950	8.100	33.850
24	Leone Daelen	Capitol (Va.)	8.425	8.850	7.900	8.450	33.625
25	Tolye Vexler	CATS	9.000	8.000	7.950	8.250	33.200
26.	John Pigg	Dynamo	8.925	8.000	8.100	8.200	33.125
27	Chelsa Byrd	River City	9.137	7.850	7.600	8.425	33.012
28.	Annie Campbell	Leading Edge	8.987	7.950	7.250	8.575	32.762
29	Kristin Bronsky	Gymstrada	8.962	8.525	7.425	7.800	32.712
30.	Katie McFarland	Gymstrada	8.712	8.300	7.050	8.150	32.212
31.	Rachel Glassman	Parkettes	8.425	8.000	7.800	7.900	32.125
32	Jen Burt	Parkettes	8.700	7.100	7.525	8.650	31.975
33.	Risa Sugawara *	Japan	8.775	5.150	9.000	7.925	30.850
34	Jennie Thompson	Cincinnati	9.075	9.250	8.400	1.000	28.125
35	Kim Zmeskal	Cincinnati	9.187	0.000	8.625	8.750	26.562
36	Kristy Powell	Cincinnati	0.000	9.800	9.500	0.000	19.300

* International Guest

JUNIOR INTERNATIONAL ELITE

ALL-AROUND

#	Name	Club	VT	UB	BB	FX	Total
1	Kristin Thorne	Cypress	9.175	8.750	9.050	8.550	35.525
2.	Kristal Uzelac	Parkettes	8.912	8.850	8.975	9.500	35.237
3.	Ashley Postell	Capitol (Va.)	9.275	7.950	9.125	8.975	35.325
4.	Jamie Cox	Southern Ind.	9.125	8.300	8.800	8.925	35.150
5.	Morgan White	Cincinnati	8.775	9.250	8.350	8.375	34.750
6.	Monique Chong	Capitol (Va.)	9.150	8.325	7.250	9.400	34.625
7	Kate Nordman	Cypress	8.700	8.575	9.025	8.200	34.500
8.	Tasha Schwikert	Gym Cats	8.975	8.625	7.725	8.975	34.300
9	Audra Ferris	Dynamo	8.750	8.625	8.625	8.200	34.200
10	Ashley Rupets	Hills	8.987	7.625	8.300	9.075	33.987
11	Mara Fjeldheim	Cincinnati	9.050	7.425	8.100	9.400	33.975
12	Angela Nunn	Hurt Connor	8.887	7.750	8.700	8.025	33.362
13	Chelsea Otto	Desert Devils	8.912	8.575	8.125	7.600	33.212
14.	Kim Harris	Marvelteens	8.800	7.700	8.600	8.000	33.100
15	Brittney Thorne	Cypress	8.987	8.225	8.150	8.500	32.862
16.	Jennifer Orlando	Kasens	8.575	8.000	7.250	9.000	32.825
17	Ashley Miller	North Stars	8.800	8.300	7.250	8.050	32.400
18.	Amber Melvin	Hills	8.750	8.000	7.475	7.950	32.175
19	Dana Pierce	Wights	8.550	7.775	7.650	7.825	31.800
20	Tenile Schell	Hills	8.587	8.125	7.550	7.200	31.462
21	Kinsee Huyghe	Dynamo	8.800	8.000	7.325	7.225	31.350
22.	Whitney Ferguson	Cincinnati	8.987	7.425	6.700	7.600	30.912
23.	Brandon Pruitt	Cypress	4.462	8.850	7.775	8.275	29.362
	Ashlee Bradley	Cincinnati	0.000	8.500	8.000	8.575	25.075

AMERICAN CHALLENGE

SENIOR NATIONALS

ALL-AROUND

#	Name	Club	VT	UB	BB	FX	Total
1	Cozumel Fikenberg	Gliders	9.375	9.050	9.375	9.400	37.200
2.	Kety Herbert	Desert Lights	9.087	9.200	9.300	8.975	36.562
3.	Kristin Jansen	Parkettes	9.312	8.425	8.850	9.450	36.037
4.	Heidi Reyschum	Arizona Sunrays	9.462	8.700	8.600	8.875	35.637
5.	Mindy Smith	Southern Indiana	9.012	8.800	9.150	8.650	35.612
6.	Velorie Yohnson	Gym Max	9.262	8.350	8.975	8.900	35.487
7	Sarah Difinsquelo	Parkettes	9.312	8.350	7.700	9.050	35.012
8.	Catie Christensen	Buckeye	9.050	9.250	8.300	8.300	34.900
9	Alexa Cooper	Marvelteens	9.100	8.775	7.750	8.700	34.325
10.	Jasmin Yeh	Marvelteens	8.887	7.950	8.950	8.500	34.287
11	Erin Pendleton	Ocean Tumblers	9.137	8.750	7.700	8.675	34.262
12.	Erin Gillis	Barks	9.312	7.800	8.450	8.600	34.162
13.	Sarah Lats	BEGX	9.012	8.150	8.050	8.900	34.112
14	Shalish Brock	Gym Max	9.262	8.500	8.550	7.550	33.862
15	Kari Muth	Desert Lights	8.700	9.200	8.350	8.700	33.950
16	Sarah Yackel	Which Way is Up	9.137	7.900	8.350	8.475	33.762
17	Erin Tidwell	Kasens	9.325	7.525	7.800	8.775	33.525
18	Tarah Thompson	Dynamo	9.287	8.400	7.350	8.325	33.362
19.	Tarah Chelkevski	Desert Lights	8.812	8.150	7.650	8.675	33.287
20.	Molly Pennington	Atlantic GIC	0.725	7.900	7.900	9.375	32.900
21	Leah Mueller	Hurt Connor	9.375	8.525	7.900	0.000	25.800
22.	Courtney Serrett	Virginia Int'l	8.650	7.175	7.550	0.000	23.375

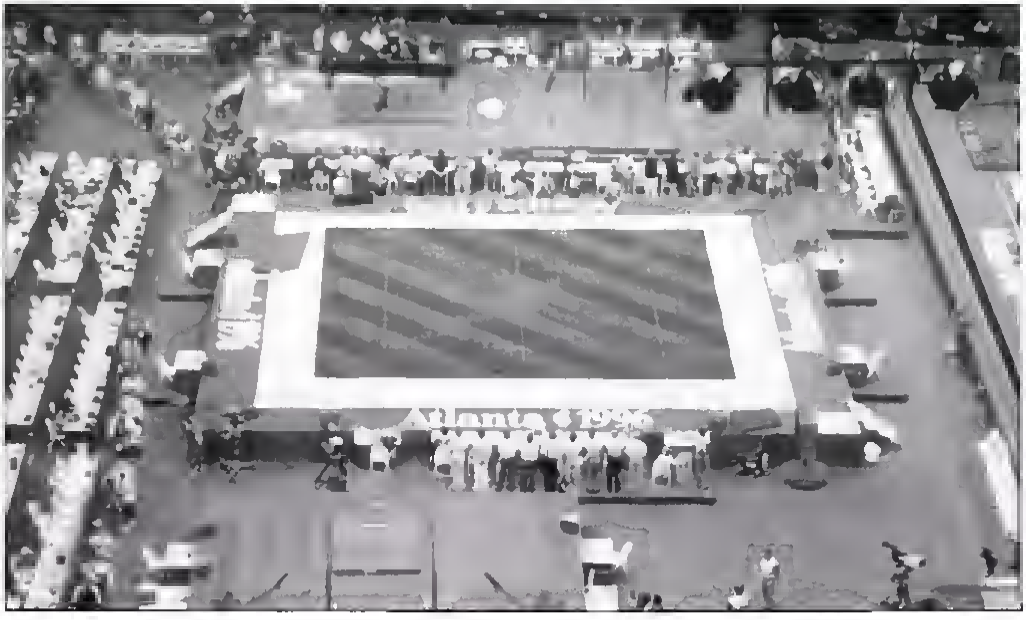
JUNIOR NATIONALS

ALL-AROUND

#	Name	Club		VT	UB	BB	FX	AA	Total
1	Larissa Stewart	Hurt Connor	P	9.300	8.400	7.700	6.950	32.350	
			F	9.037	9.650	9.100	9.175	36.962	70.154
2.	Tabitha Yim	Gym-Max	P	9.500	8.900	8.350	8.325	34.975	
			F	8.837	8.550	8.500	8.725	35.112	70.114
3	Rachel Colon	Twisters	P	9.325	8.150	8.875	8.300	34.650	
			F	9.260	7.975	7.750	9.000	33.925	68.430
4	Amanda Biscette	Gymcaroline	P	9.200	8.450	8.225	8.075	33.960	
			F	8.800	8.125	9.175	8.200	34.300	68.328
5.	Dana Filetti	Ocean Tum	P	9.325	8.850	8.461	8.035	34.670	
			F	8.550	8.450	8.800	8.525	33.525	67.966
6.	Nicki Butler	Gymstrada	P	9.175	9.225	8.050	7.210	33.660	
			F	8.612	8.875	8.100	7.950	33.537	67.172
7	Sadie Hansen	Idaho Falls	P	8.950	8.925	8.430	7.725	34.000	
			F	8.450	8.750	7.550	8.450	33.200	67.148
8.	Stephen a Dancook	Parkettes	P	9.550	8.700	7.910	7.275	33.435	
			F	8.750	9.050	8.550	8.750	33.100	66.466
9	Brynne Kennedy	BEGX	P	9.575	7.950	8.160	8.225	33.910	
			F	8.900	7.300	7.900	7.000	31.100	64.448

NOTE: Scores are weighted, 40 percent prelims, 60 percent finals

P=preliminary F=final



AMERICAN®

Offering a Complete Line of F.I.G. Approved Gymnastic Equipment and Mats.

GYMNASTIC SUPPLIER TO:

- *1996 Olympic Games*
- *1996 World Championships*
- *1994-96 USA Gymnastics*
- *1991 World Championships*
- *1987 Pan American Games*
- *1984 Olympic Games*

For information contact:

American Athletic, Inc.
We care about the sport.

An American Sports Products Group Inc. Company

200 American Avenue • Jefferson, Iowa 50129
Phone: 515-386-3125 • Fax: 515-386-4566

1998

Team USA Gymnastics Camp

Exclusive training camp for girls

New York

MEET AN OLYMPIC GOLD MEDALIST EVERY WEEK

Steve Nunno
Director

Steve Nunno was a USA Olympic Coach in 1992 and 1996. He coached Shannon Miller from beginner all the way to becoming America's most decorated gymnast ever.

Get ready for the experience of a lifetime at Team USA — the highest quality, professional gymnastics training available. Our programs are designed exclusively for female gymnasts of all levels ages 7 to 18. Situated on 500 scenic, wooded acres, Team USA combines the most advanced gymnastics program with all the action-packed fun and activities to be found in a deluxe summer camp.

Team USA has emerged as the premiere gymnastics training camp in the country. That's because our gymnasts receive up to 6 1/2 hours of structured, supervised, individual instruction each day from professional, USA safety-certified coaches. We limit our enrollment in order to provide the lowest coach-to-camper ratio in the country. That's right, only 160 campers per week are privileged enough to attend.

At Team USA, gymnasts can also join renowned dancers and choreographers in our beautiful lakefront performing arts center for daily dance classes — an integral part of the gymnastics training curriculum. Plus, each week the gymnasts will meet one of their Olympic stars from the 1996 USA Team.

Team USA is conveniently located just a few hours drive from a dozen Atlantic, Southern, and New England states. Please feel free to contact us with any questions. We look forward to having your family take part in the Team USA experience. See you this summer!

To receive a brochure or to register, call toll-free

1-888-810-9898

USACamp@aol.com

1998 Sessions

Week 1	July 5 — 10
Week 2	July 12 — 17
Week 3	July 19 — 24
Week 4	July 26 — 31
Week 5	August 2 — 7

Tuition

$575 / child

TEAM USA SPORT CAMPS

7212 W Hefner Road • Oklahoma City, OK 73162

BODY BALANCE

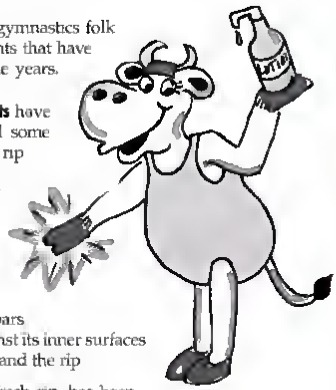
THE TREATMENT OF "RIPS" ON THE HANDS

by Larry Nassar, DO, ATC

The treatment of rips has become a part of gymnastics folk lore through the years. There are many treatments that have been tried and sworn to be effective through the years. For example...

1. **Preparation H or other hemorrhoid ointments** have been used to reduce tissue swelling and some have a topical anesthetic to help numb the rip
2. **Bag Balm** which is a veterinary balm applied to cows' utters because they have a tendency to crack/split. Bag Balm is used to help treat fresh rips or as a hand conditioner to prevent rips
3. **A small balloon taped over the rip may help.** The friction generated between the bars and the tape causes the balloon to rub against its inner surfaces and prevents friction between the balloon and the rip
4. **Tuff Skin** (a taping base) sprayed onto a fresh rip, has been reported to help heal rips—**this is not recommended.**
5. Another fairly common treatment is soaking the freshly ripped hand in a **10 percent bleach in water solution—this also is not recommended**
6. The old standby is covering the hands with a **hand lotion, vitamin E or aloe vera** at night while sleeping and protecting the bed sheets by wearing gloves or socks over the hands. Please, use a non-perfumed hand lotion since the perfume is alcohol based
7. Gibson (1-800-275-5999) sells **DAT Sticks** which is a series of three balms: a callous stick used prior to workouts to promote toughening of calluses, a condition stick which is used at night to keep calluses smooth and pliable, and a rip stick used to help heal fresh rips.
8. The company, 10 0 (1-800-241-9249), sells Spenco **"Rip Kits"** which contains **"2nd Skin"** (a hydrogel dressing) to help prevent and protect rips. The kit also contains pressure foam pads and adhesive knit. 10 0 also sells a "skin freeze" which is a spray that will cool down hot hands to reduce skin irritation
9. Dunlap makes a skin protector called **"Compeed"** which can be used in practice to protect the fresh rip and also helps to heal these rips. This can be found in many sporting-goods stores and bicycle shops.
10. **Neoprene rubber wrist bands** are used to prevent rips on the wrists from dowel grips
11. G.A. Deitch (717-697-3107) makes a lanolin protective glove which is worn underneath the regular grip as a "undergrip."
12. Of course the **tape grip** made out of white trainer's tape to protect a rip is a standard, but I recommend using Johnson & Johnson Elastikon elastic tape instead.
13. **Trimming calluses** (with a "Pyrex Corn and Callus Shaver") is important to help prevent rips from occurring.
14. **DuoDERM** and **Nova Derm** sterile occlusive dressings and **Op-sight** and **Bioclusive** transparent moisture vapor permeable hypoallergenic viral barriers.

continued on page 42



REFERENCES

1. Hutchinson J.J. Prevalence of wound infection under occlusive dressings: A collective survey of reported research. Wounds. 1989; 1:123-124
2. Todhope M. Management of pressure ulcers with a hydrocolloid occlusive dressing. Journal of Enterostomal Therapy. May/June 1984; II:102-105
3. Xakellis G.C. and Chrischilles E.A. Hydrocolloid versus saline-gauze dressings in treating pressure ulcers: A cost-effectiveness analysis. Arch Phys Med Rehabil. May 1992; 73:463-469

Q&A

Do you have a health-related question to ask the USA Gymnastics Health Care Referral Network? If so, send it to *USA Gymnastics* magazine, Pan American Plaza, 201 S Capitol Ave., Suite 300, Indianapolis, IN 46225

Q I'm a Level 8 gymnast from California. Some of my teammates carry a water bottle with them during practice. Some of us don't feel bloated when I drink water during practice. Should gymnasts drink water during practice?

A Water is extremely important to your body throughout the day, especially during a three hour work out!

Water is the most important of all nutrients, especially to athletes. All of the body's chemical reactions take place in water, including making energy that enables you to do gymnastics. Water also helps keep your body temperature normal. When you exercise you can feel your body getting warmer as your temperature naturally rises. Most athletes will sweat as a natural mechanism to cool themselves. If you do not drink water to replace the water lost, then your body will not perform at its best. You may feel dizzy, weak, have difficulty concentrating, or have blurred vision if you don't drink enough water while at practice. These problems could even lead to injury.

For your next practice try following these guidelines to make sure you're getting enough water and are hydrated properly.

1 cup of water before practice

2 to 3 ounces every 15-20 minutes during practice

1 cup of water after practice

If you wait until you're thirsty to drink, your body already has too little water. The safest way to make sure you're getting enough is to drink on schedule. Drinking water at the start of each rotation is an easy way to remind yourself to drink more water. Carrying your own water bottle also helps. You can also get water from the foods you eat before and after practice, like melon, oranges, apples, soup or milk.

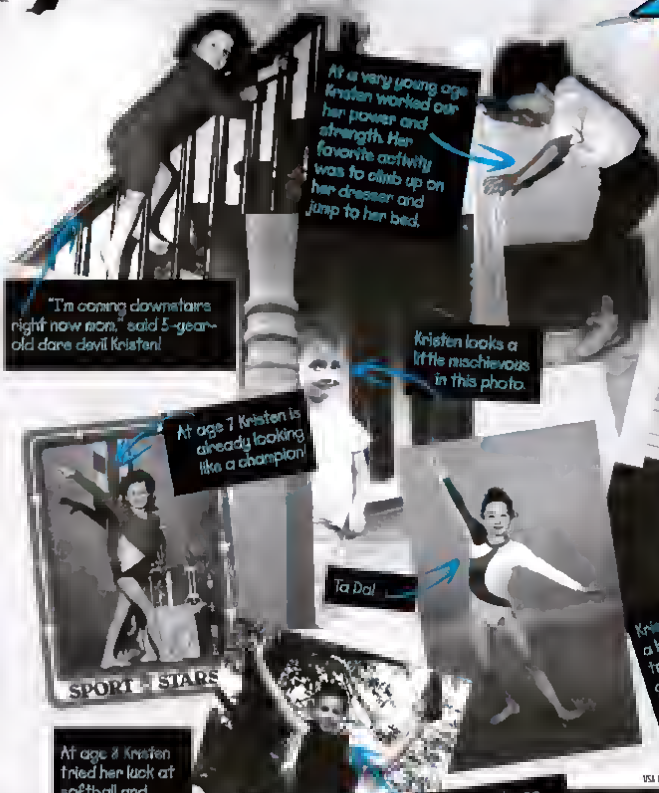
Thanks to Kim LaPiana, MS., RD. for responding to the question. Kim works at Elite Performance Physical Therapy in Newport Beach, Calif., and can be reached at 714-851-1610.

Have you ever wondered what top gymnasts in the U.S. looked like as children? Perhaps you wondered if they were always so muscular and lean? *USA Gymnastics* will feature a national team member each issue and, through scrapbook photos, show you what he or she looked like while growing up.

Scrapbook of Champions

Let's take a look at Kristen as she was growing up!

USA Gymnastics has taken photos directly from Kristen Maloney's scrapbook. Kristen, 17, finished third all-around at the 1998 Visa American Cup. She was the top U.S. woman in the all-around at the 1997 World Championships in Switzerland. She's also the first American woman to compete a double layout full out on floor exercise. She won the 1997 and 1998 American Classic competitions and the 1997 Foxsport Challenge in Australia. Kristen started gymnastics at age 6.



KRISTEN MALONEY

Birth Date: March 10 1981

Hometown & Residence: Ben Argyl Pennsylvania

Club: Parkettes

Coaches: Bill and Donna Strauss and Jack Carter

Began Gymnastics: age 6

Hobbies: Reading, listening to music going to the mall or a movie

CLINICS Natasha's methods are not what most clubs are used to —and neither are her results
If you've been disappointed by other clinicians you're in for a pleasant surprise. Real Choreography can clean up skills in ALL events—resulting in fewer judge's deductions and higher scores! Remember, judge's deductions are *subjective*, involving a range of possible deductions. Get honest, practical help from one of the hardest working professionals in the sport.

ROUTINES Custom world-class routines that fit each gymnast's skills and personality. Floor routines involve 5 hours of one-to-one composition. Beam routines involve 3 hours.

MUSIC For Natasha's routines only. Top quality in a wide variety of styles. Selections fit the routine and the gymnast. Guaranteed.

MOSCOW Each summer we take 15 upper-level gymnasts, coaches and parents on the training trip of a lifetime! *CALL EARLY or stay home.*

REAL **Choreography** REAL **Results**

EXPERT* CHOREOGRAPHY IS WORTH ITS WEIGHT IN GOLD, SILVER & BRONZE

Available to every gym large or small!

* **Soviet National Team** Full-time staff Choreographer and Coach for four years prior to coming to the U.S. 1987-1991
* **Russian Republic Sport College** Full-time Instructor for Artistic-Gymnastic-Choreography and Coaching 1978-1987
* **Freelance Traveling Clinician** Helping U.S. coaches and gymnasts get the most from their coaching since 1993

Natasha **1-800-788-2323** CALL FOR MORE INFORMATION **www.realresult.com** LEARN A LOT MORE on the WEB

CROWN TROPHY

NEW FOR '98 GYMNASTICS AWARDS

SPORT RIBBON

$3.95 ea.

2" 3D MEDAL FREE RWB RIBBON

99¢ ea.

12" ACTION CARD TROPHY

GYMNASTICS!

FREE CATALOG (800) 227-1557 OR VISIT A FRANCHISE NEAR YOU

FREE ENGRAVING

Dept. UG58

GYMNASTICS AWARDS BOOK

The Proudest Way To Display Your Achievements

Comes with 5 ribbon pages and 1 medal page. Filler pages available. Specify girls or boys editions.

- **Track your success from meet to meet**
- **Display your awards for family and friends**
- **Eliminate misplaced ribbons and medals**

SCORE BOOK

PARENTS A gymnastics score book makes it easy for you to follow your child's score during a meet. It also allows easy comparison from meet to meet. Small enough to fit in your pocket, large enough to track teammates' scores as well.

ORDER FORM ☐ Girls ☐ Boys

NAME _____

ADDRESS _____

Product	Qty.	Price	Total
Awards Book	____	$20.00	____
Ribbon Pages	____	.50	____
Medal Pages	____	.50	____
Score Books	____	4.00	____
*Shipping, Handling, Insurance			____
Total			____

Display books only 1 - $3.50, add $2.50 for each additional book. Filler pages 1.25 / $3.00, add 10¢ for additional pages.

Make checks payable to Sterling Sports, P.O. Box 536, Sterling, MA 01564
Be sure to include shipping and handling charge. Allow 5 to 6 weeks for delivery.

INTERNATIONAL 3 ON 3 GYMNASTICS CHAMPIONSHIPS

MARCH 8, 1998 ★ FORT WORTH, TEXAS

UKRAINE TAKES INTERNATIONAL 3 ON 3 GOLD

By Craig Bohaert

Led by newly-crowned Visa American Cup champion Viktoriya Karpenko, Team Ukraine won the gold medal of the International 3 on 3 Gymnastics Championships, held at the Fort Worth Convention Center March 8.

Karpenko scored a 9.75 on floor in the final event of the competition to give her team a score of 28.80, edging past the Russian squad's 28.690. Karpenko received support from current rhythmic gymnastics world champion Yelena Vitrichenko, who scored the only perfect 10.0 of the weekend with her ribbon routine in the championship round.

"I'm happy about winning today, especially after yesterday," said Karpenko, 16, who claimed the women's all-around title in the Visa American Cup on Saturday. "It is fun to be able to compete as a team."

The U.S. team, led by two-time Visa American Cup champion Blaine Wilson, was tied for second in the qualifying round, but slipped to fourth in the finals.

"This is a fun event, and I went into it with the idea of having fun," said Wilson. "I was a little tired after the last two days, but I was surprised at how good I felt on rings (in the qualifying round). My legs were killing me in the final round, and I watered down my floor routine a bit."

Natalie Lacuesta, the current U.S. Rhythmic National Champion, wasn't surprised by the perfect score Vitrichenko received. "The Ukrainians are perfectionists," said Lacuesta, who along with Lindsay Wing rounded out the USA squad. "No matter how many times you see their routines, they're perfect."

"I didn't feel fully in control," said Wing, who suffered two falls on beam in the final round. "I was a little off with my key thoughts and wasn't completely in tune."

SPARKLING PHOTOGRAPHY © JOHN BLACK

"This is a fun event, and I went into it with the idea of having fun," said Wilson.

RESULTS

PRELIMINARY ROUND (TOP FOUR ADVANCE TO FINAL ROUND)

1	Viktoriya Karpenko Valeriy Goncharov Yelena Vitrichenko	UKR	28.730		
2.	Lindsay Wing Blaine Wilson Natalie Lacuesta	USA 1	28.555		
3.	Anna Kovaleva Alexei Bondarenko Ekaterina Fokina	RUS	28.555		
4.	Elvira Tuva Dmitri Karbanenko Ana Sermeño	FRA	28.155		
5.	Kristy Powell John Roethlisberger Kate Jeffries	USA 2	28.015		
6.	Meng Fei Yang Wei Pu Yun Fei	CHN	27.800		
7.	Denisse Lopez Rafael Garcia Karenalva Gutierrez	MEX	25.3/2		

FINAL ROUND

1 Ukraine	28.800
2. Russia	28.490
3. France	28.415
4 USA 1	25.800

Winning Ukraine Trio
Lindsay Wing
VISA
Natalie Lecuesta

My Favorite Competition

Hey Gymnasts! Send Us Your Favorite Photos!

Run to your scrapbook and grab the photo of your favorite competition or exhibition.

I'm Kelly Everett, a Level 7 gymnast coached by J.P. and Jen Kraemer at Desert Devil Gymnastics in Scottsdale, Ariz. At the end of February our gym hosted the Wild West Desert Devil Classic (212 gymnasts from 27 clubs and Canada competed). It was my favorite competition for a few reasons. I scored a 9.8 on vault, my best of the season. The team and all-around awards were awesome covered wagons made by a private club dad. Plus, Olympian Dacia Bridges was there to hand out awards. All the gymnasts, coaches and parents took horse drawn hayrides to a "cowboy cookout" in the desert at Rawhide's western town after the meet. We line danced and toasted marshmallows over open pit fires. It was [illegible]!

If you'd like us to return your photo, please include a self-addressed stamped envelope. Send your entries to USA Gymnastics, "My Favorite Competition," Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

EVENT SCHEDULE

(Dates & Events Subject to Change or Cancellation)

MAY

16-17	Rhythmic Western Open	Downers Grove, IL
16-17	Level 9 East/West Championships (W)	Lansing, MI/Austin, TX

JUNE

5-7	U.S. Rhythmic National Championships	Colorado Springs, CO
TBD	Elite Regionals (W)	Various Sites

JULY

10-12	U.S. Challenge (W)	Mantville, NJ
10-12	Senior Pacific Alliance Championships	Winnipeg, CAN
10-12	"Get It Going" "Keep It Going" Workshop (R)	Las Vegas, NV
11-12	Coaching Congress and GymFest	Las Vegas, NV
15-18	PAGU Junior Championships (M/W/R)	Houston, TX
18 Aug. 2	Goodwill Games (M/W/R)	New York, NY
30 Aug. 2	U.S. Classic/National Gymnastics Festival (W)	San Antonio, TX
TBD	Elite Regionals (W International Only)	Various Sites

AUGUST

19-22	John Hancock U.S. Gymnastics Championships (M/W)	Indianapolis, IN
20-23	USA Gymnastics National Congress	Indianapolis, IN

SEPTEMBER

4-6	PAGU General Gymnastics Instructor's Training Course	Austin, TX
5-7	USA Gymnastics National GymFest	Austin, TX

OCTOBER

2-4	TOP National Testing -- East (W)	Rochester, NY
9-11	TOP National Testing -- West (W)	Phoenix, AZ
10-11	J.O. Group Championships (R)	TBD

NOVEMBER

13-15	USA Gymnastics Executive Committee/Board Meetings	Indianapolis, IN
18-22	Future Stars National Championships (M)	Colorado Springs, CO
18-22	Coaches Workshop (M)	Colorado Springs, CO

DECEMBER

5-6	National TOP Training Camp (W)	Tulsa, OK

JANUARY 1999

30	Reese's Gymnastics Cup (M/W/R)	Phoenix, AZ

FEBRUARY

10-13	USA Gymnastics Winter Cup Challenge (M)	TBD
13-14	Rhythmic Challenge (R)	Colorado Springs, CO
TBD	American Classic (W)	TBD

MARCH

4-6	Visa American Cup (M/W)	St. Petersburg, FL
7	International 3 on 3 Gymnastics Championships (M/W/R)	St. Petersburg, FL
26-27	American Team Cup Jr./Sr. (M/W)	Richmond, VA
27-28	Level 10 State Meets (W)	Various Sites
TBD	American Challenge (W)	TBD

APRIL

10	NCAA Regionals (W)	Various Sites
10-11	J.O. Championships (R)	TBD
16-18	Level 10 Regional Championships (W)	Various Sites
17-18	Rhythmic Western Open (R)	TBD

MIDWEST EAGLE UNEVEN BARS

SUPERIOR PERFORMANCE

Low Maintenance • Improved Quality
Easy to Adjust • Easy Installation • Competively Priced

- New 39 M.M. diameter round rails. (Meets the new USA Gymnastics rules & policy and all FIG specifications)
- Fast & easy long lasting cable tightner.
- 100% nickle-chrome finish.
- Spreader bar adjust to 1650 m.m.
- State of the art piston design
- 30 day unconditionally guaranteed
- 2 year full warranty

Compare Midwest Eagle uneven bars quality, performance, & cost. Proven performance at all of Indiana, Kentucky, USA State Meets & Region V Level 9 Regionals

Call 1-800-876-3194 to save money
MIDWEST GYM SUPPLY, INC
2538 Michigan Road
Madison, IN 47250

MIDWEST EAGLE SPRING FLOOR SYSTEMS

STATE OF THE ART SPRING FLOOR SYSTEMS

Proven performance in gymnastics programs across the U.S.A.
Low maintenance • Increased longevity • Improved performance • Easy installation • competitively priced.

COMPLETE FLOOR SYSTEMS

- Spring kits includes all attaching hardware.
- Detailed instructions for easy installation.
- Foam available in 1 3/8 and 2 inch
- Action back carpet 5 year wear warranty
- Border kits available.
- Protective caps included.

The abisolute best spring floor system on the market regardless of cost.

Call 1-800-876-3194 for additional information.

MIDWEST GYM SUPPLY, INC
2538 Michigan Road
Madison, IN 47250

Indianapolis... Coming Full Circle!

by Ramonne Robinson

Join us in Indianapolis this summer as the gymnastics community comes full circle. Headquartered in Indianapolis, USA Gymnastics is bringing its U.S. championships to Indy, marking the city's biggest meet since the 1991 World Gymnastics Championships.

Market Square Arena, in downtown Indianapolis, is the site of the 1998 John Hancock U.S. Gymnastics Championships, August 19-22, which promises to be a great event for gymnastics enthusiasts. Market Square Arena is a top-notch facility with seating that keeps fans close to the action! Tickets to the Championships are available now by calling Ticketmaster at (317) 239-5151 or visiting their web site at www.ticketmaster.com.

Indianapolis is no stranger to world-class gymnastics events, having hosted the 1991 World Gymnastics Championships, the 1986 National Championships and the 1985 American Cup, as well as Olympic Exhibition tour stops in 1997, 1996, 1992 and 1984. Just last October, nearly 8,000 fans attended the John Hancock Tour of World Gymnastics Champions in Market Square Arena.

While there will be plenty of action at the arena during the seven sessions of the John Hancock U.S. Gymnastics Championships, there's no shortage of fun things to do in downtown Indianapolis. Market Square Arena is located just blocks from an exciting, revitalized downtown with hundreds of dining, shopping and entertainment options, including numerous museums and performing arts venues. Circle Centre mall is attached to many of the downtown hotels and, with 100 stores, is sure to satisfy your every shopping need. Downtown Indianapolis streets are bustling, yet they remain safe with the feel of a smaller town.

And just east of downtown is White River State Park, future home of the NCAA headquarters and its Hall of Champions. Also in White River State Park is a newly-renovated running path along the canal and the IMAX 3D Theater which features thrilling large-format and 3D movies. A few minutes drive north is the world's largest Children's Museum, which this summer will feature the internationally-renowned exhibit SPORT.

In fact, prestigious sporting events like the John Hancock U.S. Gymnastics Championships are a vital part of the Indianapolis community. Indiana Sports Corporation (ISC) has been attracting and staging national and international events in Indianapolis since 1979. National Championships and U.S. Olympic Trials in numerous sports have taken place in the circle city, as well as world championships in gymnastics, rowing and track and field. The future of Indianapolis, one of the world's leading amateur sports capitals, also looks bright. Indianapolis will welcome the world in the new millennium as it hosts the NCAA Men's Final Four in 2000, the World Police and Fire Games in 2001 and the 14th World Basketball Championship for Men in 2002.

Ticket information is available now for several ISC events. For more information, call 1-800-HI-FIVES or please visit our web site at www.indianasportscorp.com. Pack your bags, and we'll see you in Indianapolis!

Gymnastics Update continued on page 36

Schedule of Events

SESSION	SCHEDULED EVENTS	(adult sales price) TICKET PRICE
SESSION ONE Wednesday, August 19 1:00 p.m.	Junior Men's All-Around Prelims & Event Finals	$13/$11/$8/$5
SESSION TWO Wednesday, August 19 7:00 p.m.	Senior Men's All-Around Prelims & Event Finals	$26/$22/$16/$10
SESSION THREE Thursday, August 20 1:00 p.m.	Junior Women's All-Around Prelims & Event Finals	$13/$11/$8/$5
SESSION FOUR Thursday, August 20 7:00 p.m.	Senior Women's All-Around Prelims & Event Finals	$26/$22/$16/$10
SESSION FIVE Friday, August 21 7:00 p.m.	Men's All-Around Finals	$26/$22/$16/$10
SESSION SIX Saturday, August 22 1:00 p.m.	Junior Women's All-Around Finals	$13/$11/$8/$5
SESSION SEVEN Saturday, August 22 6:00 p.m.	Senior Women's All-Around Finals	$26/$22/$16/$10

Note: Ask about youth and senior discounts.

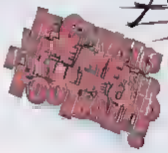
Attitude Gear

TOLL FREE 1-888-724-2627

T-shirts–$14.95 each; Shorts–$12.95 each
T-shirts in Youth 10/12, 14/16, Adult S, M, L, XL
Shorts in 14/16, Adult S, M, L, XL

17

08



11

03

52RE

121 $34.95
S, M, L, XL

95 $29.95
S, M, L, XL

GYMNASTICS

PROPERTY OF
XXL
GYMNASTICS

98 $29.95
S, M, L, XL

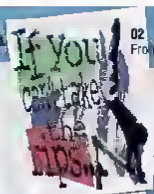
123 $29.95
10/12, 14/16
S, M, L, XL

60 $19.95
S, M, L, XL

54 $14.95
S, M, L, XL

T-shirts–$14.95 each; Shorts–$12.95 each
T shirts in Youth 10/12, 14/16, Adult S, M, L, XL
Shorts in 14/16 Adult S, M, L, XL

02
Front/Back



20

Tossed and turned all night.
Slept through the alarm.
Was late for school.
Completely ignored the test.
Broke up with my boyfriend.
Went to gym.

Not a Bad Day

70
$7.95

21

Leotards start when they are little...
Champions start when they hold the GOLD!

My Boyfriend Said If I Spend Another Weekend At The Gym He'll Leave Me...

I'll Sure Miss Him

06
Front/Back

01

Gifts For Her
Dad buy the Uneven Bars
and remind Mommy to buy the Floor
a week. Extreme Beam and High Flyer Bars.
Attitude takes it all

18

52HO

25
$14.95

22 $18.95

24 $14.95

52BL
$12.95

19 $14.95

115 Nylon pullover lightweight jacket with embroidered logo
Folds into convenient carrying pouch
$34.95

Available in Black or Red,
Sizes S, M, L, XL
Name embroidered on left chest for additional $5.00

900 $29.95
6, 8, 10, 12, XS, S, M, L

496 $14.95

70 $7.95

100 $4.95

Crushed Velvet Leo Available in Black, Red or Royal
Name embroidered above right leg for additional $5.00
Matching Scrunchy available for $3.95
Socks available in Black, Red, Royal, Teal, Gold, or Kelly Green

U.S. Orders: Please allow 2-3 weeks for delivery. International Orders: Please allow 4-8 weeks for delivery. All orders must be prepaid by Check, Money Order, Visa or Mastercard in U.S. Funds. When mailing in orders please include: Name, Address, Telephone Number, Item Number, Description, Color and Size. Indiana Residents please include 5% for Indiana Sales Tax.

SHIPPING CHART

Total	Shipping
Up to $50.00	$4.95
50.01-100.00	5.95
100.01-200.00	6.95
200.01+	7.95

Mail Orders To: Attitude Gear • P.O. Box 513 • Alexandria, IN 46001
(765) 724-2627 • TOLL FREE 1-888-724-2627 • FAX 765-724-2643

WILSON & KARPENKO WIN

By Luan Peszek

Although Texas was experiencing unseasonably cold weather, the heat was turned up high in the Fort Worth Convention Center, March 5-7, where the athletes battled for the coveted Visa American Cup title.

The level of gymnastics was extremely high, with 21 of the competitors having competed in a World Championships competition and nine past Olympians!

With all the talent, the field was wide open. The defending champions of Blaine Wilson and Elvire Teza from France were on hand, as well as other top competitors from around the world.

MEN'S PRELIMINARIES & EVENT FINALS

The men competed preliminaries and event finals on Thursday, March 5. Wilson won five of the six individual events including floor (9.60), pommel horse (9.50), still rings (9.60), parallel bars (9.50), and high bar (9.50).

Wilson said, "I have a new attitude at competitions now. I came into this competition thinking I'm as good as anyone on the floor. I don't think it's being cocky, I think it's being confident. If you don't think you're as good as everyone else on the floor then you should sit up in the stands. I'm glad things went well today and hopefully it will go this well during finals."

France's Dimitri Karbanenko took first on vault, scoring a 9.80 on his handspring double front.

Wilson took first in the all-around with a 56.90 followed by Karbanenko with a 55.275 and Russia's Alexei Bondarenko with a 55.20. China's Yang Wei finished fourth and U.S.'s Yewki Tomita finished fifth, earning the right to advance to the all-around finals.

Tomita, who was the youngest male gymnast in the competition at age 17, said, "It was sort of intimidating tonight since this was my first international meet as a senior and there was such a great field of competitors. My goal coming in was to hit all my routines and make finals. I knew Blaine would be first because he is very strong."

Other all-around finalists were Germany's Sergei Charkov and Belarus' Alexei Sinkevitch.

Jay Thornton finished seventh in the all around, but only the top two Americans were able to advance to the all-around finals.

U.S.'s John Roethlisberger finished 10th all-around with his highest scoring event on vault, 9.350.

continued on page 24

DID YOU KN...

Austral...

...kinner sprained her ankle prior to competition forced to withdraw. Lisa competed in the ...ympics and the 1997 World Championships.

Meng Fei

USA GYMNASTICS PHOTOGRAPHY © DAVE BLACK

Viktoria Karpenka
Blaine Wilson
Alexei Bondarenko
VISA
AMERICAN
CUP
GYMNASTICS

VISA AMERICAN CUP

continued from page 22

WOMEN'S PRELIMINARIES & EVENT FINALS

The women competed preliminaries and event finals on Friday, March 6. Ukraine's Viktoria Karpenko led the way in the all-around scoring a 38.187, and winning first place on floor with a score of 9.70.

Vanessa Atler took first place on vault with a score of 9.462. She competed a front handspring layout front half and a Yurchenko double full, the only gymnast in the competition to compete two vaults having a value of 9.90 each. There were no 10.0 vaults thrown during the competition.

Kristy Powell grabbed the uneven bars title with a score of 9.725 and took an early lead in the competition. Unfortunately she hit some rough spots and finished lower than expected.

Russia's Anna Kovaleva earned first place on beam with a score of 9.625. Her routine was accented with a beautiful front salto with a half twist.

Although Kristen Maloney didn't win an event title, she finished second all-around with a 37.475 and was very consistent, finishing in the top five on all four events.

Lindsay Wing scored an impressive 9.325 on bars and a 9.212 on vault but had some rough spots on beam and floor.

The top eight to advance to the all-around finals were: Karpenko, Maloney, Atler, China's Meng Fei, Romania's Maria Olaru, Kovaleva, Teza and Kazakstan's Irina Yevdokimova.

MEN'S FINALS

Six of the eight competitors in the finals competition also competed at the 1997 World Championships. In fact, Bondarenko and Karbanenko finished second and fourth respectively at the 1997 World Championships and Lopez finished eighth.

But Wilson, who finished 10th at the 1997 World Championships, didn't seem to let this bother him! Instead he took his competitors by storm, leading all six rounds of competition and winning his second consecutive Visa American Cup title by more than a point and a half!

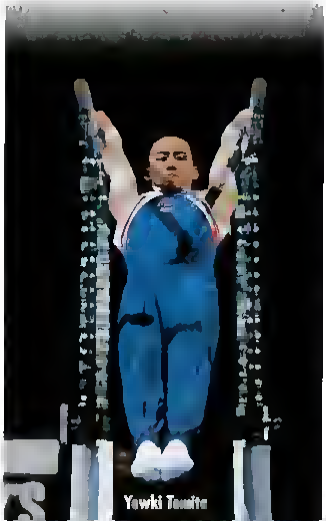
"My mental set was to come in here, have a great time and hit my routines—that's what I did," said Wilson.

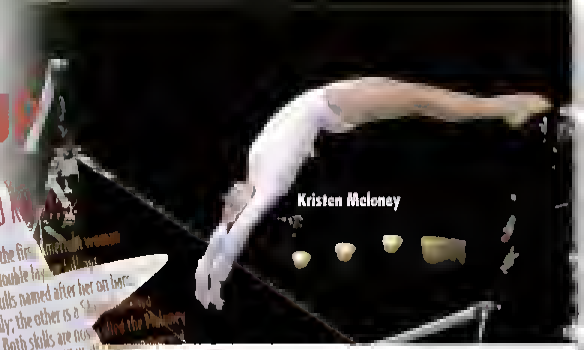
Wilson became the fifth American and sixth man in American Cup history to successfully defend his all-around title. The others were: Kurt Thomas, Bart Conner, Peter Vidmar, Belarus' Vitaly Scherbo and John Roethlisberger.

Wilson's scores ranged from a 9.30 on vault (where he landed short on his handspring double front) to a 9.65 on both pommel horse and rings. He has upgraded each of his routines since the 1997 World Championships.

Wilson was the only gymnast in the competition to have a 10.0 start value on five of six events. His start value on parallel bars was a 9.90.

Bondarenko, who scored a 9.625 on his handspring double front vault, was second in the all-around with a 57.325. Karbanenko took third all-around and Charkov, who finished 15th all-around at the 1997 World Championships, was fourth in Fort Worth.


Yewki Tomita


Kristen Maloney

DID YOU KNOW?

Kristen Maloney is the first [illegible] to compete a double layout.

She also has two skills named after her on bars. One is a toe circle healy; the other is a [illegible] from a late-drop sole circle. Both skills are now listed in the Pinkney [illegible] they are now both included in the FIG Code of Points.)

Eighteen-year-old Yang, who won the junior division of the 1997 USA-China-Romania competition, finished an impressive fifth all-around, scoring a pair of 9.30's on pommel horse and still rings.

Tomita had an outstanding competition, once again hitting six for six routines.

His father and coach Yoichi said, "I'm very pleased with Yewki. He hit six for six routines on both days. That's really important to be able to hit under pressure. We have to go back to the gym, get strong and upgrade routines. Yewki has the best form of any gymnast in the competition. If he has the same skills as the others, he'll come out on top."

Yewki said, "It was a fun experience for me because I didn't come off the equipment when I wasn't supposed to!"

It's interesting to note that six gymnasts trained through the Soviet gymnastics program competed in the Visa American Cup. Karbanenko now competes for France, Bondarenko represents Russia, Charkov now competes for Germany, Alexei Sinkevitch represents Belarus, Valeriy Goncharov competes for Ukraine, and Sergei Fedorchenko represents Kazakstan.

Vanessa Atler

USA GYMNASTICS PHOTOGRAPHY © JAMIE SQUIRE

WOMEN'S FINALS

After the first round of competition Atler and Maloney were at the top of the ranks with scores of 9.625 and 9.462 on vault.

But after two rounds and a fall from bars by Atler, the rankings changed. Karpenko led the way with a 19.118, followed by Maloney with an 18.849. Meng, who took fifth all-around and second on bars at the 1997 World Championships, was in third with an 18.743.

After beam, Karpenko hung on to her lead scoring a 9.062. Meng jumped into second with a 9.362, Maloney was in third scoring a 9.025 and Atler was fourth scoring 9.437, the highest beam score of the day.

After the last event, floor, the rankings stayed the same. Karpenko, who did an impressive whip-Arabian double front for her first pass on floor, earned the title with a 37.955. Meng took second with 37.530. Maloney and Atler finished third and fourth, respectively, with scores of 37.436 and 37.087.

Maloney performed an incredible double layout full out for her first pass on floor and

continued on page 30

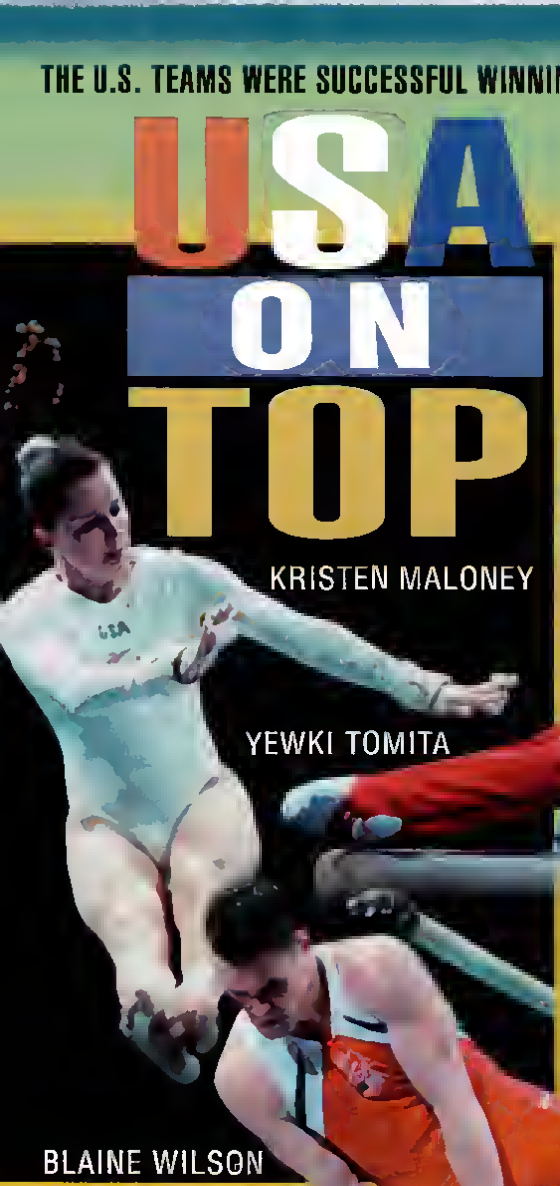
THE U.S. TEAMS WERE SUCCESSFUL WINNING THREE OUT OF THE FOUR TEAM TITLES.

USA ON TOP

By Luca Peszek

The International Team Championships, an international team event between the United States, China and Romania, took place in Knoxville, Tenn., at the Thompson Boling Arena, March 24-25.

The U.S. teams were successful, winning three out of the four team titles, including the Senior Men, Senior Women, and Junior Men. The Junior Woman took second behind China.



SENIOR WOMEN

The U S team, led by Parkette's Kristen Maloney rallied on floor exercise to clinch the team title over Romania and China The U S team score was 152 224 to Romania's 150 899 and China scored 150 662

The U S started out with great momentum on the first event vault, hitting five for five vaults and taking the early lead over Romania and China Maloney, from Pen Argyl Pa , and Charter Oak Gliders' Vanessa Atler were the top scorers for the U S on their Yurchenko double full twists, scoring a 9 637 and 9 625, respectively Romania hit four out of five bar routines with Maria Olaru and Andreea Isarescu both scoring a 9 65 China was consistent on beam, hitting five for five routines Ling Jie earned a team high score on beam of 9 45

The U S hit four out of five bar routines to maintain their lead over Romania and China. Team totals after two rounds were USA 76 774, Romania 74 775 and China 74.375 The U S bar performances

continued next page

International Team Championships continued from page 25

were highlighted by Cincinnati Gymnastics' Sierra Sapunar's 9.725 and Kristy Powell's score of 9.775. Meanwhile, at the other end of the arena, Romania had troubles on beam and had to count two falls, scoring only a 36.625. China also had a few problems with tumbling out of bounds on floor and scored a 36.725.

The U.S. team lost some momentum on beam, hitting only two routines out of five. Seventeen-year-old Maloney nailed a great beam routine to score a 9.80, the highest score of the entire competition. Her routine included a front mount, full twist swing down, flip flop, flip flop, layout, and a flip flop, flip flop, double tuck dismount. After from Canyon Country, Calif., followed Maloney scoring a 9.55. The U.S. still hung onto the lead by .874 over Romania. China did well on vault hitting five for five, with Sang Lan scoring a 9.65. Romania had a great event on floor with highlighted routines from Corina Ungureanu scoring a 9.70 and Olaru scoring a 9.60.

The U.S. team rallied on floor to come back strong. Maloney scored a 9.80 to clinch the team title over Romania and China. Other top performances on floor were Atler and Cypress. Kendall Beck, who both scored a 9.575. Charter Oak Gliders' Jamie Dantzscher also had a strong floor routine using a very high Arabian double front mount and triple full dismount to score a 9.45.

Maloney commented on the meet by saying, "I just told myself to stay calm, relax and just compete like I practice in the gym." She added, "This meet gives us a lot of confidence. We were down after the 1997 World Championships and we came into this meet very motivated to do well. We bonded as a team and we worked on consistency, stuck landings, form and putting it all together."

Coach Donna Strauss was asked to comment on Kristen's performance. She said, "Kristen was awesome today. This was certainly a highlight to her career."

Coach Mary Lee Tracy said, "What the women's team did at this event made an impression! Everyone is wondering where the U.S. is at and where the U.S. is going. This team win makes a great statement about our program."

SENIOR MEN

The U.S. men defeated the World Champions from China with a score of 221.200 to 218.750. Romania took a distant third with a 215.500.

USA Gymnastics Men's Program Director Ron Galimore said, "This was a big win for our program. We asked junior gymnasts to step up to the plate and they didn't let us down. As a team we weren't perfect, but it's always nice to finish the meet with a win."

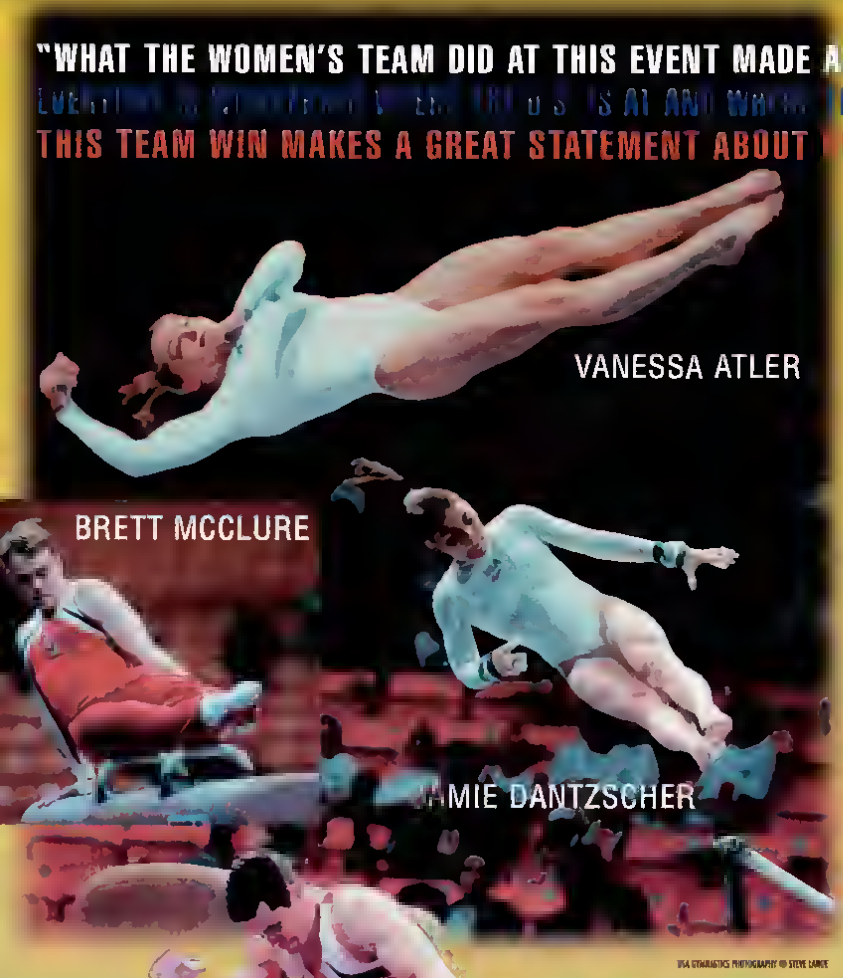
Coach Ron Brant said, "I don't think the U.S. team had their best performance but I was pleased that in the end, when they had to put things together they did and they won. Chances are they will face this same pressure situation again at World Championships and Olympic Games competitions and now they know they can hit under pressure."

The U.S. started out with a powerful first event, hitting four out of five rings routines with the U.S. Olympic Training Center's Blaine Wilson scoring a 9.85, the highest score of the entire event. The strong U.S. team stuck all but one dismount while Romania and China struggled on their first events, floor and pommel horse, hitting only three out of five routines each. The U.S. took the early lead over China and Romania.

During round two, Romania hit three out of five pommel horse routines. China had a good event, hitting five for five rings routines, with Dong Zheng scoring a 9.70. USA had a rough second event, struggling on the vault landings. The U.S. team hit three out of five vaults. Both Sean Townsend, from Texas Sports Ranch, and Wilson attempted front handspring double front vaults and scored 9.55 and 9.25 respectively. Jay Thornton, who trains at the U.S. Olympic Training Center, also scored a 9.25 on vault. The USA maintained their lead over China and Romania, although China began closing the gap!

The U.S. hit five for five parallel bars routines during round three, but were fairly shaky. Gymnastics World's Yewki Tomita demonstrated his great body line and form scoring a 9.2. Wilson, who is from Columbus, Ohio, was

"WHAT THE WOMEN'S TEAM DID AT THIS EVENT MADE AN IMPRESSION! EVERYONE IN THE WORLD KNOWS WHERE THE U.S. IS AT AND WHERE THE U.S. IS GOING. THIS TEAM WIN MAKES A GREAT STATEMENT ABOUT OUR PROGRAM."



USA GYMNASTICS PHOTOGRAPHY © STEVE LANSKY

the clean up man and scored a 9.65, the highest score of the meet on this event. China hit vault and pulled ahead of the U.S. team with scores of 111.150 to 110.90. Romania hit rings but remained in third with a 108.20.

China maintained its momentum on parallel bars, hitting five solid routines and maintaining its lead over the U.S., despite only having four gymnasts competing on the parallel bars. The U.S. team was down by half a point, 148.450 to 147.950. The U.S. hit three very strong routines on high bar with Wilson, Tomita and Townsend scoring 9.70, 9.30 and 9.20, taking the top three scores on this event. Romania struggled on vault.

After five events and a strong showing on floor, 36.350, the U.S. pulled ahead. China had to count two missed routines on high bar and fell to second. Romania did well on parallel bars but still trailed China by .05.

Garry Denk, who competed the first event and the last event of the competition, struggled but started the U.S. team off with a hit on the last event, pommel horse. Denk is also from the U.S. Olympic Training Center. Minnesota's John Roethlisberger scored an impressive 9.50 followed by Tomita's 9.70, the top pommel horse score of the event. Wilson wrapped up pommel horse, also scoring a 9.70, to clinch the victory for the U.S. team.

Roethlisberger was asked how it feels to beat the World Champions from China. He said, "there's no doubt that it feels great to win but we're not naive enough to think that China won't be the team to beat at the 1999 World Championships. It's not like now we're going to slack off. We know that they're very strong and we'll continue to train and improve and hopefully medal at the next World Championships."

Wilson, who had the top all-around score at the competition by nearly two points, was asked how he stays challenged since he continues to win each competition he enters. He said, "I try to work through every routine. I don't pay any attention to individual scores during a team meet because all that matters is the team score. Plus, the gap is never large enough to relax because all these guys are right behind me and that pushes me to train hard!"

Wilson added, "I've improved a lot since the 1997 World Championships. I've made a tremendous climb in my gymnastics in the last three and a half months and I'm looking forward to the World Championships and Olympic Games."

continued on next page

JUNIOR MEN

The U S Junior Men defeated China 210 550 to 208 800 and Romania took third scoring a 202 850

"This is a turning point in USA men's gymnastics," said Coach Kelly Crumley "We've been striving to put a good junior men's team on the floor and now we're doing it China brought a very strong team and we cracked it!"

The U S men got off to a rocky start with two gymnasts having breaks on their first event, rings But during the second rotation the U S put out five solid vaults China swung beautifully on pommel horse and not only did the Chinese have high difficulty but there were also very few execution errors The Romanian team had a rough time on rings

Round three, the U S was a bit shaky on parallel bars but hit four out of five routines Team Cypress' Raj Bhavsar and U S Olympic Training Centers Brett McClure had the second highest score on this event, 9 0 just behind China's Xing Aowei who scored a 9 15 Romania turned in five solid vaults with Marian Dragulescu (handspring double front) and Constantin Covaci (Tsukahara double twist) scoring 9 65 and 9 30 China was surprisingly weak on rings with Zhang Shangwu scoring a high score of 8 20 for the team

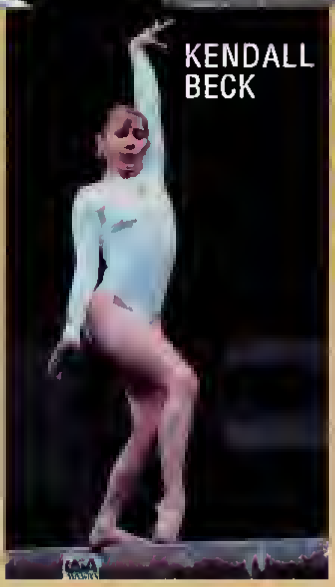
All of the Chinese gymnasts performed excellent Kasamatsu layouts on vault during round four USA hit five for five routines on high bar Notable skills were Texas Sports Ranch's Michael Evans' high Kovacs (8 70) and McClure's beautiful inbar work (9 15) Romania had a rough time on parallel bars, missing three routines

USA hit all five routines on floor Evans scored a team high score of 8 85 on floor and Randall's Gymnastics' Matt Abboud scored an 8 70 Romania hit four out of five routines on high bar, however they had many execution deductions China had two outstanding routines on parallel bars—Zhang Shangwu performed an excellent Tippelt and double back between the bars to score an 8 85 Xing Aowei showed beautiful line and execution throughout his routine to score a 9 15 However, China had to count one missed routine for their team score China's Li Yufeng the team's best junior male gymnast, hurt his ankle on high bar the first day of training so only competed on parallel bars and horizontal bar during the competition

The U S finished the meet on pommel horse McClure did an outstanding routine scoring a 9 20 Bhavsar also hit well, scoring 9 10 Swiss Turners' Paul Hamm sprained his ankle prior to competition but will still able to contribute to the team score China was on high bar and Xing scored the top score on this event, 9 20 Romania had several misses on floor

Kris Zimmerman, from Buffalo Grove Gymnastics, finished fourth all-around He said "Going into pommel horse we could see on the scoreboard that China was really close and we knew they were very good on high bar so we knew we had to hit! There was a lot of pressure on pommel horse"

McClure, who finished second in the all-around just below Chinas Xing, summed it up saying, "It feels great to win We really brought each other up during the competition We worked well together"



USA GYMNASTICS PHOTOGRAPHY © STEVE LARKE

JUNIOR WOMEN

After a valiant struggle, the U S fell to the strong team from China 147 436 to 146 112 Romania took third with a 144 312

The U S started off strong on bars, leading the Romanians and Chinese Southern Indiana Gymnastics' Janae Cox 13 led off for the U S team, hitting a solid bar set to score a 9 275

Cox said, "I was most nervous for bars because of my blind changes but I did them well today and bars went fine"

Capital Gymnastics Training Center's Ashley Postell 11, hit a beautiful routine, scoring a 9 40, and Cincinnati Gymnastics Academy's Morgan White 14, was the clean-up gymnast on bars, scoring an impressive 9 65 for her routine Romania with only five gymnasts on their team, did well on beam with Andreea Raducan scoring a 9 50 for her routine which included a flip flop full twist, front tuck, and a gainer flip flop, flip flop, double tuck dismount Her score was the highest on beam during the competition The Chinese hit vault using mostly front handspring pike front half vaults

All three teams were a little shaky during the second round The U S had to count two breaks on beam, but 11-year-old Kristal Uzelac's routine

scored a 9.425 and included a front mount flip flop, flip flop, layout, full twisting swing down, front tuck to jump, and a round off double back dismount. Uzelac trains at Parkette's Gymnastics in Allentown, Pa. Romania hit three out of four floor routines highlighted by Andreea Raducan's routine which included a two-and-a-half punch front and dismounted with a triple full to score a 9.45, the highest score on this event. China missed two out of five bar routines but Wei Jingjing scored an outstanding 9.70, the highest score of the competition.

China pulled ahead of the U.S. on round three by .861. China started out great on beam with Peng Sha scoring a 9.425. The Chinese team hit four out of five routines. The entire Chinese team showed great height on their tumbling skills on beam. The U.S. hit four out of five floor routines with Postell and Uzelac scoring 9.40 and a 9.35, respectively. The Romanians competed only four gymnasts on vault and hit all four scoring a 9.062, 9.050, 8.725 and 8.625.

China maintained their lead on floor to take the team title. The U.S. team held on to second on their last event, vault. And Romania did well on bars but took third in the team rankings.

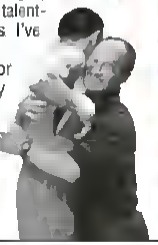
Capital's Monique Chang competed on vault, bars and floor and Cypress' Katie Hardman competed on beam. Both gymnasts contributed towards the team score.

Postell earned the top score in the all-around competition with a score of 37.325 and Uzelac's score was fifth with a 36.362.

It's interesting to note that all six members of the U.S. Junior Women's Team are either current or former TOP's gymnasts.

Coach Mary Lee Tracy said, "After the American Classic competition you could tell we had difficulty at the junior level. We were the youngest team on the floor at this competition and we showed good lines, and good difficulty. Most of these kids have sites set on the 2004 Olympic Games. We have one of the most talented groups of juniors I've seen in a while."

All the U.S. junior women agreed that they were more nervous answering questions at the press conference than competing out on the floor!



USA GYMNASTICS PHOTOGRAPHY © STEVE LANGE

USA GYMNASTICS PHOTOGRAPHY © MARC WEAVER

INTERNATIONAL GRAND PRIX TOUR

By Cee Peters

The International Grand Prix Tour event took place in Cottbus, Germany March 20-22. The U.S. delegation included SCAT's gymnast Jeanette Antolin and coaches Don Peters and Kris Jackson.

Antolin took first on bars during the preliminary round of competition scoring a 9.325 but had difficulties during the finals competition and finished in eighth place. She took seventh place on beam with a score of 8.913.

Hungary's Adrienn Varga won vault with a score of 9.688. Russia's Svetlana Khorkina won bars with a 9.800. Russia's Elena Produnova won beam with a score of 9.563 and Great Britain's Lisa Mason won floor with a 9.750.

Results continued on page 30

INTERNATIONAL TEAM CHAMPIONSHIPS RESULTS

SENIOR MEN'S TEAM

	COUNTRY	FX	PB	SR	VT	PB	HB	AA
1	USA	36.350	36.900	37.050	36.900	36.950	37.050	221.200
2	China	35.750	35.650	37.900	37.600	37.300	34.550	218.750
3	Romania	34.050	36.500	37.650	39.350	36.400	32.550	215.500

SENIOR MEN'S ALL-AROUND

			FX	PH	SR	VT	PB	HB	AA
1	Blaine Wilson	USA	9.500	9.700	9.650	9.250	9.650	9.700	57.450
2.	Zhan Sheng	CHN	9.450	9.350	9.350	9.450	9.600	8.600	55.800
3	Yewki Inoito	USA	9.150	9.700	9.050	8.600	9.200	9.300	54.900
4	Zheng Lihui	CHN	9.300	8.300	9.200	9.500	9.500	9.050	54.850
5	Dacin Pelen	ROM	8.450	9.500	9.300	9.700	8.900	8.450	54.300
6	Jehn Roethlisberger	USA	8.750	9.500	9.300	8.950	9.000	8.850	54.250
7	Li Xiao	CHN	8.450	8.700	8.550	8.450	9.350	9.050	53.550
8	Ly Jie	CHN	8.550	9.300	9.650	9.200	8.050	7.850	53.400
9.	Ioan Suciu	ROM	8.050	8.800	9.600	9.750	9.100	8.000	53.300
10	Rares Dezsite	ROM	8.500	9.100	9.350	9.300	8.900	7.600	52.750
11	Flavin Pupe	ROM	8.400	9.100	8.700	9.350	9.500	7.450	52.500
12	Trey Thornton	USA	9.050	4.350	8.700	9.250	9.050	8.750	51.150
13	Sean Townsend	USA	9.550			9.550	9.050	9.200	36.350
14	Dong Zhong	CHN	8.000	7.400	9.700	9.000	1.600		35.700
15	Vasile Gianno	ROM			9.400		9.900	8.500	26.900
16	Cristian Leric	ROM	8.700	7.950		9.550			26.200
17	Gerry Denk	USA		8.000	8.850				16.850

JUNIOR MEN'S TEAM

	COUNTRY	FX	PB	SR	VT	PB	HB	AA
1	USA	34.800	35.250	33.900	36.150	35.250	35.200	210.550
2	China	35.050	34.350	32.850	35.300	35.100	34.950	207.800
3	Romania	32.500	33.400	36.350	36.200	32.550	31.050	202.850

JUNIOR MEN'S ALL-AROUND

			FX	PB	SR	VT	PB	HB	AA
1	Xing Aowei	CHN	9.750	9.750	9.850	8.850	9.150	9.200	56.550
2.	Owen McClure	USA	8.650	9.200	8.500	9.050	9.000	9.150	53.550
3	Yang Jinfeng	CHN	8.900	9.000	7.950	9.050	8.750	8.700	52.250
4	Kyr Zimmermann	USA	8.250	8.500	9.450	8.900	8.700	8.700	51.400
5	Gu Junyu	CHN	8.300	8.900	7.650	8.200	8.350	8.350	50.150
6.	M. Dragulescu	ROM	8.400	6.950	9.200	8.650	7.950	8.000	50.100
7	Bogdan Soldajer	ROM	7.900	6.550	9.150	8.450	7.750	7.650	47.350
8	Raj Bhavsar	USA	8.600	9.100	8.600	0.900	9.000		44.200
9	Zhang Shengwu	CHN	0.500	0.000	6.200	8.700	8.850		43.050
10	Matthew Ashrud	USA	8.700	7.700	6.300	9.000		8.650	42.350
11	Arpad Tokacs	ROM	8.200		9.150	6.650	8.350	7.800	42.150
12	Flavin Zimmerer	ROM	8.050	9.150		8.600	8.050	7.650	41.800
13	You Yenan	CHN	8.700	7.750	8.050	8.650		8.500	41.650
14	Constantin Covrel	ROM	7.850	8.400	7.700	9.300		8.100	41.350
15	Michael Evans	USA	8.850			9.200	8.550	8.700	35.300
16	Paul Bamm	USA		8.450	8.350		8.050	8.550	33.400
17	Levente Fekete	ROM		8.900	8.850		8.250		26.000
18	Li Yufeng	CHN					8.250	8.550	16.800

SENIOR WOMEN'S TEAM

	COUNTRY	VT	UB	BB	FX	AA
1	USA	38.199	38.575	37.050	38.400	152.224
2.	Romania	37.949	38.150	36.625	36.175	150.899
3.	China	37.737	38.550	37.650	36.725	150.662

SENIOR WOMEN'S ALL-AROUND

			VT	UB	BB	FX	AA
1.	Kristen Maloney	USA	9.637	9.675	9.600	9.800	38.712
2.	Ling Jie	CHN	9.450	9.825	9.450	9.275	38.000
3.	Maria Olaru	ROM	9.712	9.450	8.925	9.600	37.687
4.	Claudia Presecan	ROM	9.525	9.075	9.550	9.575	37.725
5.	Chen Mi	CHN	9.375	9.750	9.400	9.175	37.700
6.	Vanessa Atler	USA	9.625	9.800	9.550	8.575	37.550
7.	Corina Ungureanu	ROM	9.300	9.625	8.900	9.700	37.525
8.	Andreea Ismaesc	ROM	9.412	9.650	8.850	9.300	37.212
9.	Nicoleta Oanl	ROM	9.275	9.225	9.250	9.150	36.900
10.	Jamie Dantzscher	USA	9.375	9.400	8.625	9.450	36.850
11.	Ji Liya	CHN	9.262	8.800	9.350	9.325	36.737
12.	Kendell Beck	USA	9.475		9.025	9.575	28.175
13.	Xu Qing	CHN		9.700	9.400	8.950	28.050
14.	Dan Melzhen	CHN	9.025	9.275	9.400		27.700
15.	Sierra Supanar	USA		9.725	8.675	8.850	27.250
16.	Kristy Powell	USA	9.462	9.775			19.237
17.	Song Luo	CHN	9.650			8.225	17.875

JUNIOR WOMEN'S TEAM

	COUNTRY	VT	UB	BB	FX	AA
1.	China	34.236	37.650	36.900	36.650	147.436
2.	USA	35.937	37.325	36.075	36.725	146.112
3.	Romania	35.462	35.975	36.575	36.300	144.312

JUNIOR WOMEN'S ALL-AROUND

			VT	UB	BB	FX	AA
1.	Ashley Postell	USA	9.175	9.400	9.350	9.400	37.325
2.	Andreea Raducan	ROM	9.062	8.725	9.500	9.450	36.737
3.	Peng Sha	CHN	9.037	8.800	9.425	9.200	36.462
4.	Xu Jing	CHN	9.112	9.375	9.325	8.650	36.462
5.	Krystal Uzelac	USA	9.012	8.575	9.425	9.350	36.362
6.	Emanuela Ungureanu	ROM	9.050	9.025	9.000	9.250	36.325
7.	Jessica Cao	USA	8.975	9.275	9.400	9.050	35.700
8.	Liang Yan	CHN	8.925	9.025	8.800	8.900	35.650
9.	Morgan White	USA	8.675	9.650	8.325	8.925	35.575
10.	Elena Garee	ROM	8.725	8.525	8.950	9.100	35.300
11.	Olimpia Popa	ROM	8.625	8.850	9.125	8.500	35.100
12.	Xin Tingying	CHN		9.550	9.350	9.150	28.050
13.	Tan Wen	CHN	9.162		8.400	9.400	26.962
14.	Monique Chang	USA	8.825	9.000		8.725	26.550
15.	Wei Jingjing	CHN	8.862	9.700			18.562
16.	Daniele Trandafir	ROM		9.375	8.400		17.775
17.	Katie Hardman	USA			8.900		8.900

NEW SERIES!

CD #1

Pop/Variety

Also Available on Cassette

New Pop/Variety Demo from Barry Nease Producer of Music for the 1996 Atlanta Team

FLOOR EXPRESS MUSIC

50s, Country Classic Pop, New Age, Techno, Movie Themes, Big Band, Spanish Dances, Novelty Pieces, MORE Music from Atlanta

(800) 668-0043

Office: (970) 668-3777

Contact

FLOOR EXPRESS MUSIC

P.O. BOX 2200 - FRISCO, CO 80443

FAX: (970) 668-0405

Visa American Cup continued from page 24

earned the second-highest score, behind Karpenko, on that event.

Karpenko, who will turn 17 on March 15, was very shy during the press conference but did say she was happy the meet went well and glad that she won.

Maloney said, "I feel pretty good about taking third place because there were a lot of great gymnasts here." She admitted, "Yes, I get nervous during the competition but I try to make it work for me rather than against me."

An interesting note, only four routines had a 10.0 start value during finals. Karpenko had two of those with her bars and floor routines. Maloney's floor and Meng's bars were the other two

John Roethlisberger

PHOTO BY MASTERFILE

DID YOU KNOW?

Cuban Eric Lopez' trip was delayed en route to the Visa American Cup. He arrived at the arena just in time to warm-up and compete. However, despite his zero time, he managed to recover from jet lag, he made finals and finished seventh in the all-around finals!

DID YOU KNOW?

The Visa American Cup Prize Money was distributed as follows:
1st place all-around--$15,000
2nd place all-around--$10,000
3rd place all-around--$5,000

DID YOU KNOW?

Kristen Maloney earned $5,000 for placing third all-around but did not accept the money so that she may retain her NCAA eligibility

VISA AMERICAN CUP

MEN'S EVENT FINALS

FLOOR

1	Blaine Wilson	USA	9.600
2.	Jay Thornton	USA	9.450
3	Alexei Sinkevitch	BLR	9.350

POMMEL HORSE

1	Blaine Wilson	USA	9.500
2.	Yewki Tomita	USA	9.250
3.	Alexei Bondarenko	RUS	9.200

STILL RINGS

1	Blaine Wilson	USA	9.600
2.	Eric Lopez	CUB	9.550
3.	Alexei Bondarenko	RUS	9.500

VAULT

1	Dmitri Karbanenko	TRA	9.800
2.	Yang Wei	CHN	9.450
3.	John Roethlisberger	USA	9.350

PARALLEL BARS

1	Blaine Wilson	USA	9.500
2.	Alexei Sinkevitch	BLR	9.200
3.	Dimitri Karbanenko	FRA	9.100
3.	Alexei Bondarenko	RUS	9.100

HORIZONTAL BAR

1	Blaine Wilson	USA	9.500
2.	Yang Wei	CHN	9.250
3.	Dimitri Karbanenko	FRA	9.150

MEN'S PRELIMINARIES

	NAME		FX	PH	SR	VT	PB	HB	TOTAL
1	Blaine Wilson	USA	9.600	9.500	9.600	9.200	9.500	9.550	56.900
2.	Dimitri Karbanenko	FRA	9.225	9.150	8.850	9.800	9.100	9.150	55.275
3	Alexei Bondarenko	RUS	9.050	9.200	9.500	9.300	9.100	9.050	56.200
4.	Yang Wei	CHN	9.150	8.750	9.250	9.450	9.000	9.250	54.850
5	Yewki Tomita	USA	8.700	9.250	8.900	9.300	8.800	9.000	53.950
6	Sergei Chorkov	GER	8.800	8.800	9.200	9.250	9.050	8.600	53.800
7	Jay Thornton	USA	9.450	8.500	8.800	9.000	9.000	8.750	53.500
8	Alexei Sinkevitch	BLR	9.350	8.500	8.000	9.200	9.200	8.650	52.900
9	Eric Lopez	CUB	7.900	9.150	9.550	9.300	8.650	7.650	52.200
10.	John Roethlisberger	USA	8.500	9.050	8.650	9.350	8.050	8.400	52.000
11	Valeriy Goncharov	UKR	8.350	8.900	8.050	9.175	7.300	9.000	50.775
12	Sergei Fedorchenko	KAZ	9.250	8.400	8.350	9.150	7.050	7.500	49.700
13	Peter Schmid	CAN	7.400	7.300	8.400	9.175	8.200	8.800	48.875
14	Rafael Garcia	MEX	7.750	5.700	7.550	8.750	7.450	7.200	44.400
15	Marius Urzica	ROM	0.000	0.000	0.000	0.000	0.000	0.000	00.000

MEN'S ALL-AROUND FINALS

	NAME		FX	PH	SR	VT	PB	HB	TOTAL
1	Blaine Wilson	USA	9.625	9.650	9.650	9.300	9.500	9.650	57.325
2.	Alexei Bondarenko	RUS	9.050	9.450	9.350	9.625	9.250	9.075	55.850
3.	Dimitri Karbanenko	FRA	9.200	9.300	8.300	9.200	9.300	9.550	54.850
4	Sergei Chorkov	GER	8.650	8.700	9.600	9.350	9.300	9.150	54.750
5	Yang Wei	CHN	8.600	9.300	9.300	9.425	9.025	9.050	54.700
6	Yewki Tomita	USA	8.700	9.400	8.750	9.275	9.000	8.700	53.825
7	Eric Lopez	CUB	7.850	8.750	9.500	9.650	9.500	8.200	53.350
8	Alexei Sinkevitch	BLR	8.550	8.750	8.900	9.050	7.600	8.650	51.700

WOMEN'S EVENT FINALS

VAULT

1	Vanessa Atler	USA	9.462
2	Maria Olaru	ROM	9.425
3	Anna Kovaleva	RUS	9.375

BARS

1	Kristy Prewell	USA	9.725
2	Viktoria Karpenko	UKR	9.700
3	Vanessa Atler	USA	9.575

BEAM

1	Anna Kovaleva	RUS	9.625
2.	Viktoria Karpenko	UKR	9.475
3	Meng Fei	CHN	9.400

FLOOR

1	Viktoria Karpenko	UKR	9.700
2.	Maria Olaru	ROM	9.675
3.	Anna Kovaleva	RUS	9.475

WOMEN'S PRELIMINARIES

	NAME		VT	UB	BB	FX	TOTAL
1	Viktoria Karpenko	UKR	9.443	9.675	9.062	9.775	37.955
2.	Kristen Maloney	USA	9.350	9.450	9.325	9.350	37.475
3	Vanessa Atler	USA	9.462	9.575	9.125	9.300	37.462
4	Meng Fei	CHN	9.162	9.475	9.400	9.200	37.237
5	Maria Olaru	ROM	9.425	8.925	9.200	9.675	37.225
6	Anna Kovaleva	RUS	9.375	8.650	9.625	9.475	37.125
7	Elvira Inza	FRA	9.075	9.350	9.150	9.350	36.925
8	Irina Yerokhimova	KAZ	8.950	9.350	8.475	9.200	35.975
8.	Svetlana Bokhrdinova	UZB	9.100	8.550	9.175	9.150	35.975
10	Lindsay Wing	USA	9.212	9.325	8.700	8.625	35.862
11	Alena Polozkova	BLR	9.062	9.025	8.475	9.225	35.787
12.	Kristy Prewell	USA	8.837	9.725	8.775	8.025	35.362
13.	Sarah Dengen	CAN	9.175	8.850	8.200	9.175	35.350
14.	Daniela Lopez	MEX	9.362	8.200	8.725	8.875	35.162
15	Daniela Hypolito	BRA	8.987	7.850	8.325	9.400	34.562
16.	Gitt Hoffman	GER	8.875	8.875	8.125	8.025	33.900
17	Risa Sugeawara	JPN	8.937	7.600	8.125	8.750	33.412

WOMEN'S ALL-AROUND FINALS

	NAME		VT	UB	BB	FX	TOTAL
1	Viktoria Karpenko	UKR	9.443	9.675	9.062	9.775	37.955
2.	Meng Fei	CHN	9.181	9.562	9.362	9.425	37.530
3.	Kristen Maloney	USA	9.462	9.387	9.025	9.562	37.436
4	Vanessa Atler	USA	9.625	8.600	9.437	9.425	37.087
5.	Maria Olaru	ROM	9.450	8.637	9.312	9.512	36.911
6.	Anna Kovaleva	RUS	9.412	8.887	9.000	9.325	36.624
7	Elvira Inza	FRA	8.925	8.675	9.312	9.200	36.112
8.	Irina Yerokhimova	KAZ	9.175	8.550	8.362	7.962	33.849

1998 WORLD STARS INTERNATIONAL TOURNAMENT

By Dan Bachman

The World Stars International Tournament was held in Moscow, Russia, March 14-15. The U.S. women gymnasts included Sierra Sapunar and Brittany Smith with Mary Lee Tracy as coach and Carole Bunge as the judge. For the men, Trent Wells and David Kruse competed while Peter Kormann was the coach and Dan Bachman was the judge and delegation leader.

In the all-around, Anna Kovaleva and Svetlana Khorkina finished first and second for Russia while Sapunar and Smith finished a strong fifth and sixth for the U.S. women. In the finals, Sapunar was the highest American to finish third on bars.

For the men, the all-around title was captured by Bondarenko from Russia. Trent Wells and David Kruse finished 10th and 11th for the U.S. out of a strong field of competitors. In the finals, Kruse finished fourth on pommel horse.

ARNOLD NAMED GEORGIA SPORTSWOMAN OF THE YEAR

University of Georgia gymnast Kim Arnold was named the Sportswoman of the Year, an award sponsored by the Georgia Women's Intersport Network and J C Penney The award was presented as part of National Girls and Women in Sports Day The award was given to Arnold based upon her athletic performance, leadership qualities and community service in 1997 ***Congratulations Kim!***

1998 NATIONAL COLLEGIATE GYMNASTICS CHAMPIONSHIPS

By Scott Gibson

Ithaca College captured the 1998 Division III Women's NCGA Championships hosted by Rhode Island College in Providence, March 27 The Bombers scored a combined 148 875, setting a new NCGA record to earn the national title.

Ithaca had two gymnasts place in the top three in the all around Lindsey Mozer was the all-around champion with a 38 225 Jen Nardone finished third with a 37 175 Kari Motz from the University of Wisconsin La Crosse, the 1997 all around champion, placed second with a 37 775

Mozer won vault with a two day total of 19 15 Sulekha Modi of SUNY Cortland won her second consecutive bar title scoring 19 250 Motz won beam with a score of 19 075 Becky McDonnell from the University of Wisconsin-La Crosse and Beth Flaherty from Hamline University were the co-champions on floor with a 19 325

Ithaca College Head Coach Rick Suddaby was named the NCGA Coach of the Year Seniors Cori Corp from the University of Wisconsin-Eau Claire and Alli Christenson from MIT were named the 1998 NCGA Co-Senior Athletes of the Year

TEAM RESULTS

1.	Ithaca College	148 875
2.	UW La Crosse	148 675
3.	Hamline Univ	146 575
4.	UW Oshkosh	145 600
5.	Springfield College	144 625
6.	Gustavus Adolphus	144 600
7.	SUNY Cortland	142 425
8.	Rhode Island	142 025

ALL-AROUND RESULTS

1	Lindsey Mozer	Ithaca	38 225
2	Kari Motz	UW La Crosse	37 775
3	Jen Nardone	Ithaca	37.175
4	Katie Kortuem	Gustavus Adolphus	36 375
5	Alli Christenson	MIT	36 175
6	Tiffany Borden	UW Oshkosh	36 100
7	Amy Bright	RI College	35 975
8	Sonja Ellefson	MIT	35 800
8	Anne Bennit	UW-River Falls	35 800
8	Molly Nemes	Gustavus Adolphus	35 800

Call or Write for a Free Catalog:
P.O. Box 1444
Englewood, CO 80150-1444 USA
800-275-5999 Toll Free
303-937-1012
303-937-[illegible] FAX

Visit our [illegible]
http://www.info[illegible]
gibson/in[illegible]

GIBSON

OPEN FLOOR

IN Defense OF LEVEL 7

By Jennifer S. Botham

With the JO's invention of a new "optulsory" level, many of us have been uncertain as to how to respond, much less plan ahead for the next few seasons. **"To do or not to do?"** that seems to be the question on everyone's mind these days as we approach a revamped Level 7 and a sea of new rules that seem to be the cause of much confusion, even after all the "clarifications" from the Women's Technical Committee. **Many of you have been wondering, "Just what are we to do with a level that isn't quite compulsory or optional? What are we to do with incredibly narrow special requirements?"** While these questions are understandable and even perhaps predictable we can only offer solutions after we consider the purpose and some of the benefits of Level 7. Let's take these in turn. **In so doing, we may begin to answer some of the questions, come to a better understanding, and help this embryonic level meet some of its goals.**

BENEFITS AND PURPOSE OF LEVEL 7

Level 7 was created to bridge the gap between the compulsory and optional levels in the Junior Olympic Program. In past years, the bridge to optionals has been a weak link in the chain of gymnastics progression in the JO Program. With this problem in mind, Level 7 was created to do one or more of the following:

1. To provide a smooth transition from compulsories to optionals
2. To ensure a strong foundation of good technique and execution
3. To develop a reasonable level of confidence in the beginner optional gymnast

Although some may consider the parameters on Level 7 to be "too stringent," the limitations are good in that they aim at accomplishing the stated goals. In terms of a smoother transition to optionals, this "optulsory" level does expose the compulsory graduate to the development of creativity, personality and artistry while limiting the chances that the gymnast will be overwhelmed by a barrage of new optional skills, in need of immediate mastery. The compulsory graduate has been entrusted with the freedom to explore and develop. She now has the opportunity to reveal a bit of herself in each and every routine.

At the same time, the requirements also emphasize the development of a strong foundation of good technique and execution. Level 7s are not to be doing just any skills, but specifics aimed at building strong basics in well rounded families of skills with an emphasis on good execution. This is why the floor requirements call for tumbling—both forwards and backwards—and dance skills with 180 degree splits — sorry, wolf jumps don't satisfy this one! The new Level 7 directives will help to develop gymnasts that have it within their repertoire to develop upper level skills in various families—a prime necessity with a new code that demands this versatility. This is one of the reasons that the selection of skills in the routine is limited to A's and B's and some of the requirements (e.g. RO, BHS, LO on FX) are so specific. The feasibility of encountering gymnasts at, say, Level 9 that "CANNOT TUMBLE FORWARD ON FX" will be greatly reduced due to the necessity of tumbling forward (2 directly connected elements with flight) in Level 7. This emphasis on strong foundations and good execution will only serve to strengthen the JO program.

CONCLUSION

While the new "optulsory" Level 7 still has a few kinks in need of ironing out, it's a level with ideals which even the most skeptical among us, need to support. In this prep optional level, we have a beautiful image of the artistry and expression that our sport has to offer. As a community with the right perspective and understanding of Level 7's ideals, we can work within the bounds of the level to develop some of the most creative and dynamic gymnasts the world has ever seen.

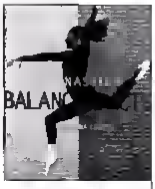
Reminder: If you have recommendations for improving the JO Program send them to your Regional Program Chairman or Regional Technical Chairman.

UCLA BRUINS

GYMNASTICS CAMP

1997 NCAA TEAM CHAMPIONS

Find out what the world's best gymnasts do when the judges are looking ..and when they aren't!



GYMNASTICS· BALANCING ACTS

Photographs by Christina Lessa
Special contributions by Shannon Miller and Dominique Dawes
Introduction by Bela Karolyi
Paperback $27.50

See a whole new side to your favorite stars, from the sport's pioneers to the Magnificent 7! With exclusive portraits and action shots in the gym and out, along with inspiring reflections from each star on success, hard work, and the passion that drives them all—

Available at bookstores everywhere or order from Rizzoli Bookstore Catalog. (800) 52 BOOKS

Use order code GYS98 to receive a ***30% discount*** *off of these retail prices!*

Also available.

OLYMPIC GYMNASTS. BALANCING ACTS

Official 1999 Calendar of the U.S.O.C.
With photography by Christina Lessa and gymnastic dates of interest
$13.95

UNIVERSE PUBLISHING

2ND ANNUAL

Sand Dollar Invitational

ORLANDO, FLORIDA
January 2 - 3, 1999

WOMEN'S COMPETITION
Levels 4-10/Elite

STAY & COMPETE IN THE HEART OF WALT DISNEY WORLD ® RESORT

HOSTED BY
BROWN'S METRO EGO BOOSTER CLUB

CALL FOR MEET INFORMATION
(407) 263-6288 ▪ FAX (407) 382-3346

E-mail: LLeigh7001@aol.com

WALT DISNEY WORLD SWAN

Faces in the gym

LAURA LEONARD
HOUSTON, TEXAS

Laura, a Level 6 gymnast at Acrofit Gymnastics, took third all-around at the Texas Level 6 State Championships in Fort Worth, Texas, Dec. 6 7. She is coached by James Holmes and Lili Huan. She also took first on floor, third on beam and fifth on bars. Laura competed in the Peachtree Classic in Atlanta and earned second on bars and tied for second on floor. She also won the Judges Cup and the Powerhouse Meet in the Level 6, 7 9 year old division.

LIZ BRADFORD
WILMETTE, ILLINOIS

Liz is a Level 9 rhythmic gymnast with Illinois Rhythmics of Northfield, Illinois. She is also an honor roll student at Wilmette Junior High School and will graduate from this school in the spring. Liz also participates in the club's new Level 9 group routine.

JACQUELINE VOGEL
DOVER, DELAWARE

Jacqueline, 11, is a Level 8 gymnast from Gymnastics Unlimited and is coached by Debbie Simonsen. She has moved up the gymnastics ladder quickly. She started gymnastics when she was 8 and two months later moved to Level 4. After one season she moved to Level 5. At her third Level 5 meet she met the required all-around score and was moved to Level 6. At her first competition she met the required score and moved to Level 8. At her first Level 8 meet she placed second in the all-around and on vault.

CAROLYN, AARON AND AUSTIN BEHYMER
VENTURA, CALIFORNIA

I'm writing to you because my family is called the Magnificent 7. Let me explain. My name is Carolyn and I'm 9 years old and a Level 7 gymnast. My brother is Aaron and he is 5 years old and a Class 7 gymnast. My baby brother is Austin and he is 7 months old. We love training at World Stars Gymnastics Center. I'm coached by Ms. Patty Sykes and Mr. Roy Johnson. Aaron is coached by Mr. Tico Mkrtchyan. Austin is coached at home by my brother and me. We love the sport of gymnastics!

KIMMY GIANG
NICEVILLE, FLORIDA

Kimmy, 9, trains at U.S. Gold Gymnastics Academy in Destin, Florida. This past season as a Level 5, Kimmy placed first in the all-around in five of six meets and second in one meet. She also placed first at her state meet. Kimmy is coached by Kathy Dwyer and Mary and Terry Weeks. She works out five days a week between 16-20 hours. She also manages to stay on the honor roll at her elementary school!

LINDSEY MONTROSS
ROSEVILLE, CALIFORNIA

Lindsey, 9, is a Level 5 gymnast. She won the NorCal State All-Around title in her first year of competition with a score of 34.025. She also won the vault, took third on beam and fifth on bars and floor. Lindsey won the all-around title in all of her eight gymnastics meets in which she competed in 1997. She trains at Technique Gymnastics in Rancho Cordova, Calif. She's a member of the High Achievers Club at her school.

KATIE CARTER
ROCHESTER HILLS, MICHIGAN

Katie, 15, started at Gemini Gymnastics in Oldsmar, Fla., about 10 years ago and, after a family move, is in her third year at Gymnastics Training Center in Rochester Hills, Mich. Katie competed Level 9 in 1997 and won first all-around at the Atlanta Crown, third all-around at State Championships and first all-around at Regionals (Region 5). Katie is now competing Level 10 and took fourth all-around at the Great Lakes meet in January 1998.

THE MOUNT IDAHO GYMNASTS
MOUNT IDAHO, IDAHO

Meet the gymnasts who train at Mount Idaho Gymnastics. Their coach is Lynn Welborn. During the July 4th parade they do a special activity called a Cartwheel a thon, which raises money to buy leotards and new equipment for the gym. The gymnasts do at least 200 cartwheels down Main Street. In 1996 they won the viewer's choice award for their cartwheels!!!

Would you like to be included in the Faces in the Gym section? Send a recent photo and a paragraph of information to: *USA Gymnastics*, Faces in the Gym, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225

Photos can be black and white or color. Sorry, photos cannot be returned.

We'll select a few entries for publication in the magazine each issue. Hurry and send your entry today. We're all waiting to meet you!

TEXAS GYMNASTICS CAMP

Texas Sports Ranch

1.888.GYM.CAMP

or 281.328.8427

Sean Townsend
Jr Elite 1 National
All-Around Champion

Svetlana Boguinskaya
World All-Around Champion
Olympic All-Around Champion
3 Time Olympic Gold Medalist
2 Time European Champion

TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
CAMP
TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
98
TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
TEXAS SPORTS RANCH
CALL FOR A FREE COLOR BROCHURE!

John Roethlisberger
92 & 96 Olympian
4 Time USA Champion
3 Time NCAA Champion

Steve McCain
2 Time World Championship Team Member

ACTIVITIES

CLIMBING WALL, BEACH VOLLEYBALL, SWIMMING, ROPES COURSE, NATURE TRAILS, HORSEBACK RIDING, SINGING, GAMES, BASKETBALL, SOFTBALL, CANOEING, DANCE, BUNGEE TRAMPOLINE, JACUZZI, EARTH BALL, GROUP CHALLENGES

TEXAS SPORTS RANCH
PO BOX 179
BAYTOWN TX 77522
281 328 6427

Cypress Academy

Coached By **Debbie Kaltschuck & Deana Parish**
USAG Female Coach of the Year, Elite Coaches Association National & International Coach of the Year
Jr National Team Members: Ashley Miles, Brittany Thorne, Melinda Bainbridge, Marline Stephens, Kristin Thorne
Sr National Team Members: Kaille Dyson, Kendall Beck, Kelly Parkinson, Lindsay Wing

*Celebrities attendance due to training schedule

IT'S A BOY!

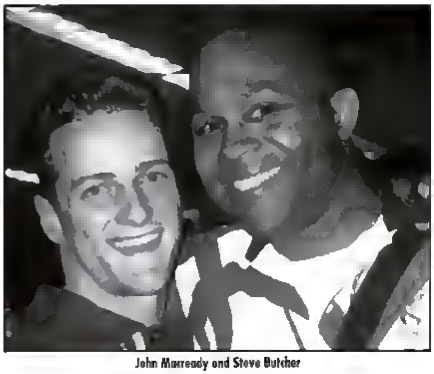
Former National Team Member and Olympian Scott Keswick is the proud new dad of a baby boy, Jacob Ryan Keswick. Jacob was born January 29. He weighed 9 pounds and was 20½ inches long. ***Congratulations to Scott and Michelle on their new addition to the family!***

CORRECTION

In the Summer Camp Directory, printed in the March/April issue of *USA Gymnastics*, we inadvertently printed a camp in the wrong state. The Western National Open Gymnastics 1998 Women's Training Camp is in Tumwater, Washington, not in West Virginia. The phone number is 360-956-1319 and the dates of the camp are August 9-15. Sorry for the inconvenience.

RINGS OF GOLD AWARD

The annual Rings of Gold Award, recognizes both an individual and a program that have been dedicated to helping athletes develop their Olympic dreams and reach their highest athletic and personal potential. The awards were created by the USOC Athlete Identification and Development Committee to honor a person and program which might not otherwise receive recognition.



John Macready and Steve Butcher

This year 1996 Olympian John Macready nominated his former coach Steve Butcher, head boys coach at Mission Valley YMCA in San Diego, for the award. Butcher coached Macready for five years and was an integral part of his gymnastics success.

Macready said, "I nominated Steve because I look back on my life and realize I would never be where I am today without him. The most special thing about Steve is that he not only taught me gymnastics but he also taught me about life and how to be a good person."

Butcher was selected as one of the 10 finalists for the Rings of Gold Award along with Georgianna Buford, Tanya Adamovich, Evelyn Lewis, Dr. Lillian Green Chamberland, Beatrice Holloway Davis, Joe Gentry, Nick Gaily, Dan Andrews, and Phyllis H. Carl.

Buford, who is the mother of 1996 Olympic bronze medalist hurdler Tonya Buford Bailey, won this year's award.

Congratulations to Butcher for being one of the 10 finalists!

According to *Sports Illustrated for Kids* magazine (March 1998), Dominique Moceanu made the list of kids most favorite female athletes. Rebecca Lobo took first, Lisa Leslie took second, Dawn Staley was third and Moceanu was fourth. When just the girls were asked their favorite female athlete, Rebecca Lobo was still first but Moceanu was second!

GO GIRL!

As of August 1998,

Safety Certification

will be a requirement

for USA Gymnastics

Professional Membership!

URGENT memo

If your Safety Certification has expired or you have never been Safety Certified ACT NOW. For more information, call Member Services at **1-800-345-4719**. Safety Courses can be found on page 48 of *Technique* magazine and on USA Gymnastics Online **www.usa-gymnastics.org**

Time Is Running Out!

Finally an affordable way to display hard earned awards.

- Fully Enclosed Award Case.
- Display Up to 28 Items.
- Clear Acrylic Cover.
- Dust Free Inside.

Introductory Price: $29.99 or 4 for just: $99.99

plus shipping and handling — plus shipping and handling

SAVE

Before

Order On The Internet
And Save Even More!!
www.capstonedisplay.com

Order by FAX
24 Hours a day
612-462-3137

Dimensions: 16" x 16" x 1"

After

Volume discounts available please call.

Made In the USA

Capstone Display

☐ Enclosed is my check or money order to: Capstone Display
P.O. Box 1061
Forest Lake, MN 55025

☐ Visa ☐ MC ☐ AM Express ☐ Discover

Card #_____ Exp. __/__

Card Holder Signature _____

No C.O.D. or Cash Orders

Name: _____

Address: _____ Apt. _____

City: _____ State _____ Zip _____

Shipping / Handling	
Qty	
1	4.95
2	5.95
3	6.95
4	7.95
5	8.95

Price: _____
Quantity: x _____
Sub-total _____
Sales Tax (MN Res. 6.5%) _____
Shipping/Handling _____
Total Amount Enclosed: _____

Phone Orders: 612-462-4481/ 800-461-9452 • Fax Orders: 612-462-3137 • **www.capstonedisplay.com**

POSITION AVAILABLE

PERFORMANCE GYMNASTS NEEDED! ANTIGRAVITY is currently accepting pictures/resumes for tumblers, acro-gymnasts, trampolinists, rhythmic gymnasts and artistic gymnasts interested in performing professionally & available to travel for short &/or long term contracts. Opportunities for m print ads, tv commercials, cruise ships & live theatrical productions. Must be in great shape. Please send picture resume & video (if available) to: ANTIGRAVITY Inc. 484 West 43rd Street suite 46L, NYC NY 10036 Attn: Chris Hermsen.

HEAD COACH Full Time with Benefits to build a team program From our rec classes and training group in exciting Boston area. Strong spotting skills necessary Very supportive owner Assistant Coach/Choreographer waiting to assist you Call 617-926 2640 or send resume to TumbleKids USA, 203 Arlington St., Watertown, MA 02172.

COME TO NEW HAMPSHIRE FOR THE SUMMER. Gymnastics & Cheer leading Head & Instructors/ cabin counselors (19+) for outstanding girls sports camp. Excellent large gymnastics facility. Camp Robindel (one mile from two boys camp) is located on the LARGEST NEW ENGLAND LAKE (22 miles long) just below the White Mountains, 2 hours North of Boston, 1 1/2 hours from Maine coast Beautiful location with 1500 lake front feet containing 700 foot natural sand beach. Must have warmth and love children. June 21 August 20. TRANSPORTATION PAID Write 1271 Mill Road, Meadowbrook PA 19046 Phone 888-860 1186.

ATLANTA IS THE PLACE TO BE IN 1998! We are looking for qualified coaches to help oversee our expanding programs. We have a comprehensive gymnastics program which needs an enthusiastic coach who can work well with boys girls, cheerleading tumbling and preschool classes. Salary is negotiable based on experience Please send your resume to: Gym South Gymnastics 139 N 85 Pkwy Fayetteville, GA 30214 (770)461 5528 or Fax at (770)461-0955

ONE CALL DOES IT ALL!!! TEACH GYMNASTICS!! 250 SUMMER CAMP POSITIONS—CHOOSE FROM OVER 50 CAMPS/NORTHEAST. Instructors/coaches needed to teach gymnastics—all levels needed. Fabulous facilities 8 weeks Have a professional recruiter identify the right camp position salary & compensation package for you. Arlene Stremond's Summer Camp Services, 1-800-443-6428 516-433-8033 FAX 516-933-7949

GYMNASTICS INSTRUCTORS NEEDED IMMEDIATELY We're looking for full and part time employees, who are energetic and organized, and can focus on our customers with a strong understanding of student retention and employee teamwork. Program directors and teachers are needed for preschool through advanced recreational gymnastics. COMPETITIVE TEAM COACHES Some positions are still available with our highly successful team program Send resume to Deborah Wells Karen Gymnastics, 5581 Guinea Rd. Fairfax, VA 22032. Call (703)323 0008 for more information.

WOMEN'S TEAM COACHES wanted for Levels 6-10. Individual must be motivated and possess strong spotting skills. Full and part time positions are available. Salary is commensurate with experience. Our state of the art 24,000 sq ft facility is located just one hour from Chicago and Milwaukee. Call for application: (414)694-0805 or send resume to: Scamps Gymnastics, 5711 77th Street, Kenosha, WI 53142.

GYMNASTIC COACH NEEDED— YESTERDAY! New gymnastic center in Roanoke TX (Dallas/Ft. Worth Metroplex) has immediate opening for exceptionally positive coach teaching progressions all levels through elite. Please phone or fax Mark at (940)464-0446

GIRLS OPTIONAL TEAM COACH NEEDED Caring, competent coach sought for established program in the S.F Bay Area, with strong emphasis on positive interactions and athletes self esteem. Must be able to teach and spot through Level 10 skills in a safe, progressive manner. Full or part time, salary based on hours and experience. Diablo Gymnastics School (510)820-6885 Email mkitanesh@linkzone.com

BOYS HEAD COACH NEEDED Must be willing to develop growing boys program in established S F Bay Area gym Should posses excellent organizational skills and a thorough knowledge of J O program is essential. (Brevet status a plus.) Full or part time salary based on hours and experience. Diablo Gymnastics School (510)820 6885 Email mkitanesh@linkzone.com

GYMNASTICS COACHES WANTED Diamond Gymnastics, a brand new 14 000 square feet facility located in northern New Jersey is seeking energetic, positive coaches for both full and part time positions. Great opportunity for people interested in producing happy and successful gymnasts in an enjoyable atmosphere. Several positions available. Salary is commensurate with experience. Please call (973)560-0414 to schedule an interview or send resume to: Diamond Gymnastics, 182 Route 10 W., East Hanover, NJ 07936

BUSINESS PARTNERS WANTED Coaches and instructors wanted to be business partners No investment required. We are a well-established program with a modern fully equipped facility. This is an excellent career opportunity for a limited number of people. Apply now and we'll talk. Partnerships start Sept 1998 Send cover letter, tell us about yourself, and a resume in confidence to: Mr Patrick Alvim Astronauts Gymnastics, 1927 Bundy St. Scranton, PA 18508 If you're a great worker, why work FOR someone else when you can work as a partner.

Gymnastics Instructor(s) We are seeking energetic and dedicated full and part-time coaches for our expanding recreational and team programs We have a comprehensive program which needs enthusiastic coaches who work well with boys, girls, cheerleading, tumbling, and pre-school classes. Friendly Staff rapidly growing facility Salary and benefits commensurate with experience. Send references and resume to Spectrum Gymnastics Academy 26 Buttrick Rd Londonderry, NH 03053. Phone or Fax at (603)434-8388.

THRIVING GYMNASTICS CLUB available for the first time in small, growing community near Ann Arbor MI 7200 sq ft of space completely set up to meet USA meet specifications. Acre-plus setting on paved road with city utilities. Offers with 2 way window for observation, 2 ball baths, 2 large gymnastic/cheer-leading rooms, staff workroom This club is the only one in town and enjoys a fine reputation for its consistent ability to turn out excellent gymnasts. $199,500 Glenna Stroad (517)423-3342 LENAWEE PROPERTIES, INC. (800)968 6083

POSITION AVAILABLE: LEVEL 8 9 & 10 TEAM COACH. Club in sunny California is looking for a motivated person with strong organizational and personal skills Two positions available. Strong teaching skills for regional and national level gymnast required Gym is newly built 16 000 square ft located in Central Californiar Send resume and video tape of yourself to CCGI, 9514 West Pershing Ave. Visalia CA 93291 Call (209)651 2244 or Fax (209)651 3176

TEAM DIRECTOR. Immediate opening for career minded individual to run a highly competitive girls team program in Orlando. Applicants should have strong administrative, organizational, leadership and coaching skills. Excellent salary and benefits Part time coaching positions are also available. Send a resume to Broadway Gymnastics, 140 SR 419 Winter Springs, FL 32708 or Fax to 407 327-0730

GYMNASTIC COACH-Immediate openings at Tim Daggett Gold Medal Gymnastics Level 5 Elite plus some class responsibilities Pay and benefits commensurate with experience New 16 000 sq ft. facility Call or send resume to Joe or Tim at 103 Gold Street, Agawam, MA 01001 (413)786-4686

Stick With Us.

There's more to Pegasus Olympian than meets the eye Innovative design and superior materials are handcrafted to produce what has proven to be the premier gymnastic shoe. Don't pay more for less ... stick with Pegasus and stay a step ahead of *your* competition.

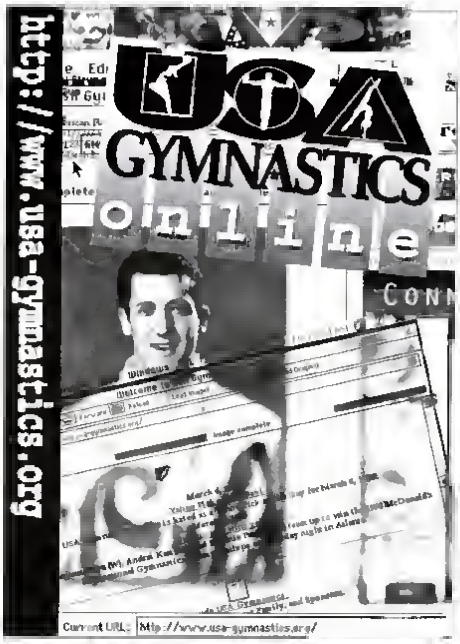
Shock Absorbing Heel
Sorbothane® absorbs up to 94% of shock from heel strike Only Pegasus has it!

Reinforced Toe
This feature finally eliminates the problem of toe blow out Only Pegasus has it!

Pegasus Gymnastics Equipment, Inc.
3214 Bart Conner Dr., Norman OK 73072
Tel 405 447-2559 Fax 405-447-5810

1-800-664-5266

PEGASUS



CLASSIFIED ADVERTISING

GOLD MEDAL GYMNASTICS is looking for a gymnastics coach to coach optional gymnasts through Level 10 COMPULSORY CLASS DIRECTOR, and PRE SCHOOL DIRECTOR positions open as well. Must have a positive coaching philosophy We have a strong competitive team program Applicants should send resume and any inquiries to gold medal gymnastics—1950 Manor Hill—Findlay Ohio 45840 Or call 419-659-5789 fax 419 659 5789, email: gold@nj.net.

GYMNASTIC COACHES/INSTRUCTORS needed for large and expanding, A/C Gymnastic Academy in central New Jersey (40 minutes from NYC) Must be self-motivated and experienced with boys or girls or both Excellent salary and benefits (signing bonus for highly qualified individuals) GROWTH POTENTIAL! Mail resume to MGA, 33 McGuire Street, East Brunswick NJ 08816 All correspondence will be kept completely confidential. Attention Howard

BOSTON/CAPE COD GYMNASTICS PLUS (with coaches Kip Reed & Sandy Scannell) have three positions available at two established gyms Pembroke 20 min. to Boston Mashpee, Cape Cod 1) Director of Recreational & Tot Program—to coordinate & design programs & rotations and to teach classes. 2) Office Manager—to efficiently run and operate the office. Must be organized, able to prioritize and have friendly phone skills. 3) Developmental coach/instructor—an enthusiastic person to develop gymnasts in team levels. Send resume: Gymnastics Plus Inc. 201 Oak St., Pembroke, MA 02359 Attn. Sandy or Kip (781)826 1550

GIRL'S OPTIONAL TEAM COACH/CHOREOGRAPHER needed for large well established program in Dallas, TX. Full time, career opportunity with great benefits and working environment Pre school and recreational instructor positions also available. Mail or fax resume to 10240 Shadow Way Dallas, TX 75243 fax (972)690 7790. Phone (972)231 5752

THE KENNETT SCHOOL OF GYMNASTICS has full and part time coaching and instructional positions available Our competitive program is in its 22nd season, is seeking highly qualified staff members who are personable enthusiastic, and enjoy training young gymnasts. A great opportunity for graduating college gymnasts! Competitive compensation commensurate with qualifications. Health benefits and additional income options available. We are located one hour north of New York City Please send resume or visit us at: 150 West Main St., Goshen, New York Phone: 914-294-9278 Fax: 914 294-1044

KNOXVILLE GYMNASTICS TRAINING CENTER Full-time Girl's Team coaching position available Coach must be able to train Level 4-10. Overall gym population is 1600 students with 80 girls team members. Salary is negotiable Call (423)588 2105 for more information.

HEAD COACH WANTED Seeking an enthusiastic, highly qualified and motivated individual to work with all levels & events Must have a positive coaching philosophy and knowledge of lead up drills and spotting ability We are located in beautiful North Carolina. Salary based on experience and educational background. Please send resume to Gymnoflex Gymnastics Academy 9321 Leesville Rd. Raleigh NC 27613 or Christine W Kennedy at 919 848-7988 fax 919-848-7797 Email: Gymcarolyn@aol.com

OWNING YOUR OWN GYM! We can make that dream come true! We are looking for a qualified coach for boys and girls, Preschool through Level 10 Applicants should be professional energetic and have strong organizational and management skills. This position is suited for the coach wanting his/her own gym Located in the Midwest a great place to raise a family. Quick buy-in available. Send resume listing three references to: Blackhawk Gymnastics Club, 950 Sheerer, Waterloo, Iowa 50703 Phone 319 233 2533

Girls Level 1-10 coach needed Beam and Floor choreography a must Our school has been open for over 20 years and our teams have continued to be tops in the state. We need a knowledgeable and experienced coach to join our friendly, dedicated staff Salary starts at 25G (or more for the perfect person). Insurance, bonuses and ? are all negotiable Send resume with references to Giguere Gymnastics, 148 Main St., Cherry Valley Ma (Worcester) 01611 or fax it -- 508-892 4321 Position open for Summer/Fall 98

PRE-SCHOOL DIRECTOR Long-term, full-time position for an enthusiastic, motivated coach to work at preschool level...necessary to create lesson plans, in a state-of-the-art facility Salary commensurate with qualifications. Send references & resume to The Gymnastics Training Center of Rochester 2051 Fairport Nine Mile Point Rd Penfield NY 14526, phone (716)388-8686, fax (716)388-0018

BOYS HEAD COACH. Immediate full time opening for experienced coach. 20 year old program Class 7 1 Large training area, in-ground pits and resi pits Salary and benefits commensurate with experience Contact Jim or Diane @ GRANITE STATE GYMNASTIC CTR. 603-228 4424 or Email DianeCB1@ADL.

AMERICAN TWISTERS Seeking full time & part time experienced coaches for recreational and team program. Send resume to Tim Rood c/o American Twisters, 2100 NW 33 Street, Pompano Beach, FL 33069 or fax to 954-755 1750

POSITIONS AVAILABLE. Great Lakes Gymnastic Club is seeking team coaches, a preschool director and a boys head coach We are celebrating 20 years of promoting, coaching and producing top gymnastics in the USA. We are looking for enthusiastic, motivated individuals who make "developing the whole child" their number one priority! Great Lakes Gymnastics Club has 15 000 square feet with a specially designed preschool room. If you are ready for a change and want to become part of an excellent staff please call us immediately or send resume to: Great Lakes Gymnastic Club, 1900 South Cedar Street Lansing, MI 48910. Phone number: (517)485-4852. Salary and benefits commensurate with experience

MOVEMENT EDUCATION DEPARTMENT HEAD Gerstung, a leader in movement education seeks experienced education specialist for a full time position working with ages 12 months through 7 years Duties to include teaching staff training program development and management Should have taught at least 3 years, attained a minimum of a bachelors degree in physical education or related subject. Gymnastics or dance background beneficial but not necessary Year round employment with benefit package. Fax resume to Gerstung Inter Sport 410 337-0471 or send to 1400 Coppermine Terrace Baltimore, MD 21209 2012

GYMNASTICS MANAGER One of North America's largest and most prestigious private athletic clubs seeks a Gymnastics Department Manager to direct and oversee all aspects of its nationally recognized gymnastics program BA/BS degree and five years similar gymnastics management experience required We offer a competitive salary that is commensurate with qualifications and an excellent benefits package. Send cover letter and current resume with references to: Multnomah Athletic Club, HR Dept. PO Box 390 Portland, OR 97207

GIRLS TEAM HEAD COACH Join our team of coaching professionals in this full-time position at one of North America's largest and finest private athletic clubs with a nationally recognized gymnastics program Position requires competitive team coach (levels 5-9) and program experience Salary commensurate with qualifications Excellent benefits package offered. Send cover letter and current resume with references to. Multnomah Athletic Club, HR Dept., PO Box 390, Portland, OR 97207

FOR SALE

SOFTWARE FOR DUMMIES! SCORE MASTER, the most widely used system in the U.S. scores the largest meet in the U.S., The Gasparilla, with over 2500 competitors This score keeping system is very easy to-use and has an on-line tutorial Supports mens/womens individual/team artistic/rhythmic, comp/optional competitions. It can graph scores over an entire season. Comes with a step-by-step user guide and a 90 day unconditional money back guarantee For more info contact: Mark Mahoney, PO Box 31421 Charlotte, NC 28231 1421 (704)523-1812 or web site: www.score-master.com (software demo, info guide and user listing on web site)

GymNerd—Gymnastics School Management Software Maintains database of students, classes attendances, makeups tuition, payments, birthday parties, and pro shop Features: class rosters instructor schedules class openings invoices, mailing labels income projection passwords. Easy to learn user friendly Windows interface, designed to be consistent with other Microsoft products. At your request we can import your data and make customizations to fit your business needs We have best prices in town! Call today for more information, or to add YOUR request to our wish list! Contact MassData Database Systems 617 923 1075, TheGymNerd@aol.com.

NEED EQUIPMENT

New gymnastics school located in New Jersey is interested in buying used gymnastics equipment in NJ HY PA. Please leave brief message with telephone number (732)605-4552

Heel skin rips and tears in half the time. All natural 19th century healing agent is again being sold. Astypodyne, accidentally discovered in a desperation response to a burn mishap at a Wilmington N C. tar pantine plant. As witnessed by patients and practicing physicians application of this product proved itself with immediate and long term results Antiseptic, styptic and anodyne, this balsamic oil can be used on ALL skin problems from cuts to poison ivy to burns with remarkable success. Send $4.00/2 oz bottle to Astypodyne 2128 Echo Lane Wilmington N.C. 28403

CLASS CONTROL The best value in Class Management and A/R software Packed with features and easy to use. Includes rosters, tuition calculation based on assignments and family discounts, retail charges, invoices, payment due reports, charge and payment summaries, instructor schedules, on-line help, and more Supports sales tax alternative payment methods like direct debit and credit cards, and USPS Address Standardization Only $400 and includes free training and unlimited personal, understandable technical support at no charge. Call Vaughn Software Services at 800-821 8516 PO Box 1086, Apex, NC 27502. MC/VISA.

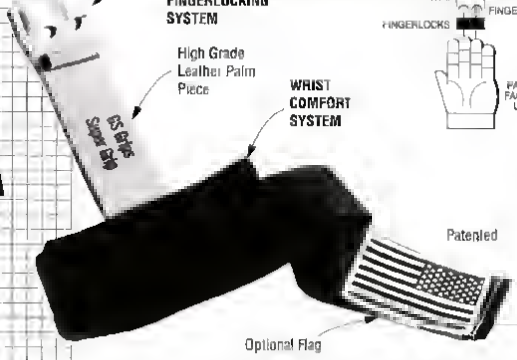
To place a classified ad $75 every 90 words Deadline July/Aug—May 16, Sept/Oct—July 16 Send ad with payment to *USA Gymnastics*, Classified Ads, Pan American Plaza, 201 S Capitol Ave., Suite 300, Indianapolis, IN 46225

Ads submitted without payment WILL NOT BE ACCEPTED.

GS SUPER GRIPS

For women

With the unique FINGERLOCKING and WRIST COMFORT SYSTEM



Grips: $42.00
with Flag: $45.00
Shipping Included

The new **FINGERLOCKING SYSTEM** will prevent the grip from coming off the end of the fingers and ensures good grip and comfort.

The wide foam wrist support of the **WRIST COMFORT SYSTEM** not only adds to the comfort of the grip but also permits easy wrist movement. The wrist support was designed wide to give more support. ***This will give the gymnast a better grip*** The wide wrist band keeps the grip from sliding and [illegible] *the wrist.*

Ask about our Grip Bags and Wrist Supports, and Volume Discount

TO ORDER: 1-800-541-GRIP

CHALK TALK

Dear AMANDA,
I think you are a perfect 10 gymnast and then more! You are my idol! I thought you did an awe some job at the Olympics. Hope you like the picture I made of you!
Jessica Lanave
Coventry,
Rhode Island

GYMNASTICS—BY TORI
By Tori Taniguchi, age 8

Vault, Bars, Floor and Beam
I'm on Tulsa Worlds Gymnastics Team

A kip, a cast, my routine's done,
Wasn't that a 9.1?

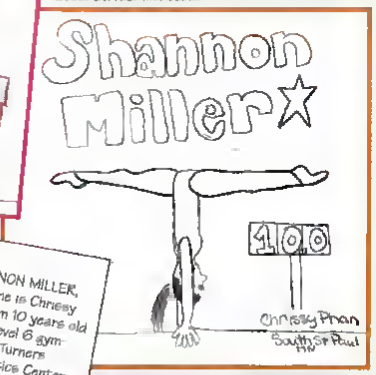
Step leap, step leap, chasse and pose,
Don't forget to point your toes!

Rush from school, pants on the run,
Aches and rips. This is fun?

The meet is here, my stomach tickles,
Don't worry mom, I got 4 medals

Dear USA GYMNASTICS
Thank you for your encouragement to young gymnasts all over the U.S. Here is a picture of "our" Mag 7 at Mountain Brook Gymnastics. They are the Level 6 Team and have each chosen a nickname from the "real" Mag 7. They have the nickname embroidered on their leotard waist bands. From l. to r. Leah Yates (Strug), Rachel Canfield (Moceanu), Jenny Orn (Bonlen), Christi Isbell (Miller), Lydia Wade (Chow) and Katie Howton (Phelps)

Below illustration by Chrissy Phan,
South St. Paul, Minnesota



Dear JAYCIE PHELPS,
I'm 14 and I go to the Albuquerque Gymnastics School. Right now I can hold a handstand really long but my problem is that I have a really bad arch in my handstand. Any tips on how I can fix it?
Amy Robinson
Albuquerque,
New Mexico

Dear
SHANNON MILLER,
My name is Chrissy Phan. I'm 10 years old and a Level 6 gymnast at Turners Gymnastics Center. How old were you when you started gymnastics?
Chrissy Phan
South St. Paul,
Minnesota

Dear Chrissy,
I was five years old when I started gymnastics. Thanks for writing to Chalk Talk!

Dear Amy,
A handstand is a tough skill. You have to be strong in your stomach and lower back. So, any extra stomach conditioning you can do to make you stronger will help. Just make sure that you squeeze every muscle in your body. I hope this helps you out. Good luck, work hard and have fun!

GYMNASTICS
By Jessica Torres, age 12
from Las Vegas, Nevada

Flippin and floppin and foolin around,
I jump and juggle my body around.
It feels so good when I workout
That's what gymnastics is all about.

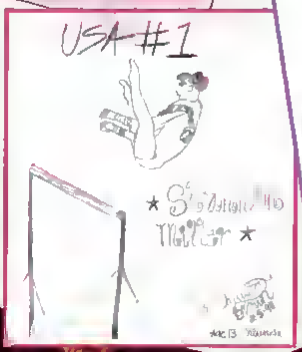
Over the bars, round and round,
Sometimes my feet don't meet the ground
I hit the mat hard on my feet
I stick my landings and I can't be beat.

On the vault I spring so high,
I turn real quick and reach for the sky
Now on the floor for my routine
A triple back handspring makes me the queen

Beam is last, Hooray! Hooray!
It calls for a walkover and a releve coupe
Now you know that gymnastics is the name,
And I really love to play this game!

Jessica Torres

Above illustration by Jackie Gordon, Age 14
Warwick, Rhode Island



Left illustration by
Chrysta Brown
Age 13
California

If you have a question or opinion send it to:
USA Gymnastics, Chalk Talk,
Pan American Plaza,
201 S. Capitol Avenue, Suite 300,
Indianapolis, IN 46225.

INTERNATIONAL

Gymnast

Take Your Pick!

One FREE Bonus Issue with each new subscription to *International Gymnast.*

WHAT A DEAL!

THAT'S RIGHT! Sign up for a new subscription to IG and receive an extra issue FREE. Choose either the 1997 World Championships or the 1996 Atlanta Summer Games. Both issues are all-color and include a giant poster inside. The rest of the year you will enjoy 10 big, colorful issues of the most popular gymnastics magazine in the world, all for just $26.00.

HERE'S WHAT YOU'LL GET...
Giant color posters of your favorite stars; in-depth competition reports; Revealing interviews with gymnasts and coaches; Secret training tips from Olympic champions; Thought-provoking commentary, and much more!

SO DON'T DELAY! Fill out the form below and start enjoying the most widely-read gymnastics magazine in the world.

International Gymnast, P.O. Box 721020, Norman, OK 73070

Please rush my FREE bonus issue and begin my new subscription to IG right away! *(Please check one only)*

- ☐ *1997 World Championships* ($7.00 value)
- ☐ *1996 Atlanta Summer Games* ($10.00 value)

Enclosed is $26.00 in US funds for my 1-year subscription (10 big issues) to International Gymnast.
Canada & Mexico $29.00 Canada add 7% GST Other foreign $31.00

☐ VISA ☐ MasterCard ☐ Check ☐ Money Order

Cardholder's name _____

____ ____ ____ ____ Exp __/__

Signature _____

ORDER FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTRY _____

NOTE: First issue of subscription mailed within 6-8 weeks of payment (U.S. subscriptions only) Offer expires June 30, 1998 and valid only with new subscriptions

Checks & money orders payable to
International Gymnast, P.O. Box 721020, Norman, OK 73070
Tel: (405) 447-9988 • Fax: (405) 447-5818 • Web site: www.intlgymnast.com

The Music Tailor

All Styles and Levels
National Team Members
Coming soon - Our new *Aerobics*
Album from our Sister company
Perpetual Motion Music

New Demo Seven
Available for the same price
On Cassette or CD!!

ORDER LINE 1-800-589-8882
Demo Tapes $6 each or $30 for a SET of Six
Master, Visa, American Express, or send check or money order after getting pricing from the ORDER LINE

The Music Tailor, Suite 279
1500 Saratoga Avenue 403
San Jose, Ca 95129
Ph 408-374-7777 Fax 408-374-7759
email — music@musictailor.com
web site — http://www.musictailor.com

Snowflake Designs

For the coolest leotards on the web,
www.snowleotards.com

Our leotards have been created with durability in mind and the difference beyond our impressive look is that Snowflake leotards FIT!

We are ready to ship individual orders, or customize for an entire team
Give us a call and place your order today!

Toll Free: 1-888-509-6234
Fax: 209/294-0121
209/291-6234
Clovis, CA, USA
E-mail: snowleos@juno.com

Body Balance continued from page 13

RECOMMENDED TREATMENT FOR RIPS

Prevention of infection is the first thing to consider when treating a rip. I have seen improperly-treated rips develop cellulitis (blood poisoning) and required intravenous (IV) antibiotics for treatment of the wound. The most important thing to do after a rip occurs is to wash the hand with warm water and a mild soap. The latest medical research shows that soap and warm water is more effective in treating wounds than using Betadine (providone iodine) or hydrogen peroxide. Hydrogen peroxide should not be used as a general wound cleaner unless recommended by a physician. It has been determined that hydrogen peroxide is too caustic for the wound and destroys healthy cells and can actually delay healing. Betadine has also been shown to be too strong and can damage cells when applied to a would. Betadine is still used as a pre-operation skin preparation and is used for cleaning wounds in the Emergency Room prior to suturing lacerations. However, the Betadine is diluted with sterile water and is rarely used without being watered down. The most effective way of cleaning wounds is by irrigating it well with water and washing it with warm soapy water.

Once the rip has been washed and dried to prevent infection, then a sterile bandage should be applied. The type of sterile bandage depends on the severity of the rip and the cost of treating the wound. The inexpensive way of treating minor rips is by applying a triple antibiotic ointment (Neosporin) to a sterile bandage and covering the wound with this bandage. Change the bandage when it becomes wet.

The most effective way to speed up the healing process is to utilize the expensive bandage protocol. After the wound has been cleaned with soapy water and dried, apply DuoDERM Extra Thin CGF Spot dressing. DuoDERM dressings have a skin contact adhesive layer containing hydroactive particles that interact with fluid produced by the wound. This forms a moist gel which provides a great environment for cell migration, leading to rapid healing. You should not add a triple antibiotic ointment (Neosporin) to the wound when DuoDERM is used because it may actually delay healing. Some studies (Xakellis and Chrischilles) have shown a 46 percent faster healing rate than using gauze bandages. This moist gel protects the wound from re-injury when the dressing is removed. With gauze bandages, the wound dries out and sticks to the dressing and newly formed tissue tears away when the bandage is removed (Tudhope).

DuoDERM dressings present a functional barrier to external contamination with infection rates up to five times lower than gauze bandages (Hutchinson). It can be left on up to seven days in a row before needing to be changed. The gymnast may wash his hands and even shower and keep the dressing in place. With the Extra Thin DuoDERM gymnasts can even swing bars with the bandage held in place by tape beneath the grip. Some gymnasts prefer to use an even thinner viral barrier called Bioclusive or Op-sight while swinging bars. After use on bars, I recommend that the dressing should be changed no matter what type is used. If the gymnast does not swing bars, however, the dressing may remain in place after practice.

DuoDERM is currently used by many collegiate and professional sports medicine staffs for their athletes in a variety of sports. These facilities have the resources to purchase the dressings. Our gymnasts may not have the funds to buy the product. To help reduce this cost, ask a physician to write a prescription for the DuoDERM. Request several refills on the prescription so that more DuoDERM can be used when the gymnasts rips again in the future. Since many medical insurance companies cover the use of DuoDERM the only cost to the gymnast is the prescription co-pay. DuoDERM is available over-the-counter at many pharmacies. A pharmacy connected to a hospital or one which sells hospital supplies is the best source for DuoDERM. Remember to use the extra-thin type of DuoDERM.

No matter what type of dressing used to cover a wound, signs of infection need to be assessed. These signs of infection include a foul order, pus or yellowish discharge (exudate), redness (erythema), and fever. If these signs develop the wound should be evaluated by a physician for further cleaning and the use of antibiotics.

locker room
USA GYMNASTICS
merchandise

CLEARANCE

MEMBERSHIP DISCOUNT DOES NOT APPLY TO CLEARANCE ITEMS

UP TO 50% OFF SALE

Pages 43-46

Limited Quantities

ORDER TODAY ON PAGE 46!

1 Versa Logo Jacket
Spa Green/white/insignia blue (Women's Sizes AXL, AL, AM, AS)
#31130 H44 WAS $29.95 NOW $14.95

2 Women's Solid Wind Pants
Insignia blue (Women's Size AXL)
#39309 A55 WAS $19.95 NOW $9

3 USA Gymnastics Logo Pin
#4300 WAS $4 NOW $2.50

4 Game Stripe Polo
Beach Sand (Men's sizes AXL, AL AM AS)
#21430 013 WAS $32.00 NOW $19.95

5 USA Gymnastics Picture Frame/Keyring
#5004 WAS $6.95 NOW $5.95

6 Leisure Shorts
Team Navy (Men's sizes 28, 30 32, 34 36, 38 40) (Size codes 28=2 30=0 32=3 34=4 36=6 38=8 40=5)
#61330 T19 WAS $32.00 NOW $15.95

7 Mens Solid Wind Pants
Team navy (Men's sizes AXXL, AM, AS)
#49329 T19 WAS $19.95 NOW $9

8 USA Gymnastics Autograph Bear
#5001 WAS $19.95 NOW $16.95

9 Youth Solid Wind Pants
Black (Sizes YXL, YL, YM, YS)
#79327 49 WAS $16.95 NOW $7

10 Variegated Shadow Logo Short
Black (Sizes YXL, YL, YM, YS)
#21330 49 WAS $13.95 NOW $6

11 Shadow Logo Tank
Black (Sizes YXL YL YM, YS)
#41632 49 WAS $10.00 NOW $2.00

12 USA Gymnastics License Frame
#5002 $5

FREE POSTERS!

FOR ORDERS OVER $50, YOU WILL RECEIVE A FREE MEN'S, WOMEN'S OR RHYTHMIC OLYMPIC TEAM POSTER (OLYMPIC POSTERS ARE NOT PICTURED). FOR ORDERS OVER $100, YOU WILL RECEIVE A FREE "GOLDEN FRIENDS" POSTER OR AN "A FEW GOOD MEN" POSTER (" GOLDEN FRIENDS" POSTER AND "A FEW GOOD MEN" POSTER ARE PICTURED ON PAGES 44 AND 45). CHECK ONE POSTER ITEM NUMBER ON THE PAGE 46 ORDER FORM TO RECEIVE A FREE POSTER WITH YOUR ORDER. OFFER GOOD WHILE SUPPLIES LAST.

locker room
USA GYMNASTICS
merchandise

A. Signature Gear Bag
25x10x11, nylon, multiple compartment, Reebok print and USA Gymnastics print. Team dark green
#13083 T14 WAS $29.95 NOW $16.95

B. USA Gymnastics Mouse Pad
#4301 WAS $8 NOW $4

C. "Golden Friends" 25" x 19" Poster
ALL POSTERS ARE AUTOGRAPHED!
#9703 $15

D. Indy Jacket
100% nylon, poly filled, quilted jersey lining, front embroidered Reebok and back USA Gymnastics print. Black/flash red
(Boys sizes YXL, YL, YM, YS)
#33140 49 WAS $65 NOW $47

E. Stripe Stack Tee
100% cotton, front vertical Reebok print and back USA Gymnastics print. White/midnight blue/morning green (Women's sizes AXL, AL)
#43640 Q40 WAS $15.95 NOW $10.95

F. Gymnasts Tee
100% cotton with design "There are only 2 kinds of people in this world...gymnasts and wanna bes" White (All sizes XL, L, M, S, YL, YM, YS)
#1998 A1 WAS $17 NOW $12

G. V Neck Pullover
100% nylon taslan, flat taffeta lining, full front Reebok embroidered and back embroidered USA Gymnastics. Team navy white (Adult sizes XL,AM)
#13120 T19 WAS $45 NOW $28

H. USA Gymnastics Pennant
#5006 $9.95

I. 1998 Calendar—"The Golden Team"
#1998 50 WAS $14 NOW $9.95

J

J "A Few Good Men" Poster
This poster features John Reethisberger, John Macready, Kip Simons, Chaney Umphrey, Gregg Curtis and Nihat Ropiu
#9701 ..... $10

K Velocity Top
nylon/polyester "Chainmail" knit sleeve Reebok patch and back USA Gymnastics print
Team navy, midnight blue (Adult sizes AL, AM, AS)
#43440 T19 ..... WAS $32 NOW $16

L General Tee
100% cotton with design including all three disciplines (Women's Rhythmic and Men's) White
(All sizes AXL, AL, AM, AS, YL, YM, YS)
#1998 A2 ..... WAS $17 NOW $8.5

M. USA Gymnastics Wall Clock
With the help of this clock, you won't be late to a meet or practice!
#5005 ..... WAS $24.95 NOW $12

N Raised Embroidered Cap
Mid profile six panel cap front embroidered Reebok and back embroidered USA Gymnastics
#96714 265 ..... WAS $22 NOW $11

O USA Gymnastics Sweatshirt
50% cotton/50% polyester, full front USA Gymnastics embroidered design. Ash grey
(Adult sizes AXL, AL, AM, AS)
#5511-4 ..... WAS $65 NOW $41

P Corporate Fleece Pant
50/50 cotton/polyester fleece, front Reebok print and USA Gymnastics print. Ash grey (Adult sizes AXL, AL, AM, AS)
#69419 40 ..... WAS $24.95 NOW $18.95

Q Daisy Crop Tee
100% cotton, front Reebok daisy print and back USA Gymnastics daisy print White
(Girls sizes YXL, YL, YM, YS)
#43640 50 ..... WAS $15.95 NOW $8.97

R. USA Gymnastics Fanny Pack
#5007 ..... $6.50

S. Colorblock Shorts
100% nylon satin...embroidered Reebok logo and USA Gymnastics daisy print. Insignia blue/fantasy pink (Girls sizes YL, YM, YS)
#43340 A55 ..... WAS $16.95 NOW $9.95

T Jersey Short
100% cotton, 5.5 oz., front Reebok print and USA Gymnastics daisy print Insignia blue
(Girls sizes YXL, YL, YM, YS)
#13340 A55 ..... WAS $16.95 NOW $8.97

Order by phone, mail or on our website! Details on page 46.

locker room
USA GYMNASTICS
merchandise

Use the order form below, call
1-800-345-4719
or shop online at
www.usa-gymnastics.org

U. Property of USA Gymnastics Tee
100% cotton, front metallic Reebok print and Property of USA Gymnastics back print. Heather grey/black/athletic gold (Kids sizes YXL, YL, YM, YS)
#43642 41 ..... WAS $15.95 NOW $8

V. Property of USA Gymnastics Pants
50/50 cotton/polyester fleece, 9 oz., embroidered Reebok and USA Gymnastics print. Black (Kids sizes YXL, YL, YM)
#23200 49 ..... WAS $20.95 NOW $10.95

W. Property of USA Gymnastics Hooded Crew
50/50 cotton/polyester fleece, 9 oz., front Reebok print and back Property of USA Gymnastics print. Ash grey/black/athletic gold (Kids sizes YXL, YL, YM, YS)
#23400 J38 ..... WAS $23.95 NOW $12.95

X. A.D. Logo Jacket
100% nylon, poly-filled, quilted jersey lining, front embroidered Reebok logo and USA Gymnastics print. Black grape (Girls sizes YL, YM, YS)
#13120 831 ..... WAS $65 NOW $30

Y. 1996 Women's Team Poster
#1996-B ..... WAS $10 NOW $5

Z. 1996 Men's Team Poster
#1996-A ..... WAS $10 NOW $5

AA. 1996 Rhythmic Team Poster
#1996-C ..... WAS $10 NOW $5

USA GYMNASTICS ORDER FORM

NAME

PHONE

ADDRESS

CITY/STATE/ZIP

CLUB GYMNASTICS MEMBERSHIP #

CHARGE: ❑ VISA ❑ MC ❑ DISCOVER ❑ AMEX

CARD # EXP DATE

SIGNATURE

SEND ORDERS AND MAKE CHECKS PAYABLE TO:
USA GYMNASTICS
LOCKER ROOM
P.O. BOX 5562,
INDIANAPOLIS, IN
46255-5562

USA GYMNASTICS PREFERS VISA

**DOMESTIC SHIPPING & HANDLING

$10 AND UNDER	ADD $4
$10.01 $40	ADD $6
$40.01 $60	ADD $7
$60.01 $80	ADD $8
$80.01 $100	ADD $9
$100.01 $150	ADD $14
OVER $150.01	ADD $20
INTERNATIONAL—PLEASE CALL FOR EXACT SHIPPING RATE	

IF YOU'RE MAKING A PURCHASE OF OVER $50 OR OVER $100, MARK THE FREE POSTER YOU WOULD LIKE TO RECEIVE ON USE THESE POSTER ITEM NUMBERS WHEN CALLING OR ORDERING ONLINE. DETAILS ON PAGE 43.

ORDERS OVER $50—OLYMPIC POSTERS: ❑ MEN'S 1996 A1 ❑ WOMEN'S 1996 B1 ❑ RHYTHMIC 1996 C1

ORDERS OVER $100: ❑ "GOLDEN FRIENDS" POSTER 9703 A
ORDERS OVER $10: ❑ "A FEW GOOD MEN" POSTER 9711 A

ITEM #	DESCRIPTION	SIZE	QTY	PRICE	TOTAL

SUBTOTAL	
*LESS 10% MEMBERSHIP DISCOUNT	
**DOMESTIC SHIPPING & HANDLING	
INDIANA RESIDENTS ADD 5% SALES TAX	
TOTAL AMOUNT PAYABLE	
MEMBERSHIP #	

*Membership discount does not apply to clearance or already discounted items. M2701

LAKE OWEN

gymnastics camp

1 9 9 8

of our east-coast
ocation contact:
Woodward Gymnastics
amp, Box 93,
Woodward, PA 16882
814) 349-5633

Champions Training
With Champions

Contact us for more information:

phone: 715-798-3785

e-mail: lkoncamp@winbright.net

Name

Address

City State Zip

Phone

Mail to: Lake Owen Camp
HC 60 Box 60, Cable, WI 54821

JULY 23, 1996

Gold medals didn't make them champions. Hard work did. The medals are noble reminders of how they rose to the occasion when it mattered most. All of us at Alpha Factor are proud of our team– our heroes. And we're proud to have played a part in their success. We devoted countless hours of our own hard work to insure that every official Reebok® uniform we produced was worthy of the champion who wore it.

We salute all the athletes who competed, not just the gold medalists. Imagine the commitment, the sacrifice required to simply contend in a global arena. Their dedication is an inspiration to us all. They were winners long before they earned a spot in Atlanta, Georgia. Our gold medal winners are superstars now. But always remember, before they were celebrities, they were champions.

Alpha Factor.

Fit for champions.

Alpha Factor

Call or write on your school letterhead for a copy of our catalog

ALPHA FACTOR 333 East Seventh Avenue P.O. Box 709 York PA 17405-0709 / 717.852.9620 / 1.800.9ALPHA8 / TOLL FREE FAX 1.800.839.1039 / E-mail address: ga4gold@alphafactor.com

©1997 Tigha Industries Inc. Member United States Gymnastics Suppliers Association

REEBOK and the Vector Logo (⊃) are registered trademarks of Reebok International Ltd.